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January 21- 27, 2020

THE UNIVERSE

Serving the Brigham Young University Community

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Provo, Utah



Hannah Miner

From left, Brito Ferreira, Gabi Garcia Fernandez, Davide Gardini and Miki Jauhiainen. Helping fill a roster of just 19 spots, these players help represent 3 different countries and Puerto Rico.

The international road to BYU volleyball

By SYDNEY TOWNSEND

It's match point. The Smith Fieldhouse echoes with noise as No. 2 UCLA leads BYU 14-13. One more point and UCLA wins the match. It is Miki Jauhiainen's first season playing for the Cougars. He witnesses his teammate, Price Jarman, win the game for BYU a few points later with a solo block. The fieldhouse erupted with cheers as fans stormed the court. "That was one of my first games," Jauhiainen said. "And I was like, 'This country is crazy!'"

The Finnish senior is one of four starters on the men's volleyball team who are playing outside of their home cultures. Each them traveled a unique road to be at the successful program they are at now.

"My dad has been playing volleyball for as long as I can remember," Jauhiainen said. This was his introduction to the sport as it is not very popular in Finland.

He eventually followed in his father's footsteps and became good enough that he had the desire to play at the next level. Former assistant coach Luka Slabe ended up sealing the deal on Jauhiainen's recruitment to BYU.

Jauhiainen would be joined by teammates Felipe de Brito Ferreira and Gabi Garcia Fernandez just one year later.

Brazilian-born Ferreira quickly realized BYU is where he wanted to play after he had his first official visit.

"I came here for my official visit and I just loved everything," Ferreira said.

Fernandez, who is originally from Puerto Rico — a U.S. territory — explained that BYU was not his first

choice for volleyball, unlike Ferreira and Jauhiainen. Fernandez had originally committed to California Baptist University, but they shut down the volleyball program shortly after his commitment. BYU eventually contacted him and he was quick to respond to the invitation.

Just one short year after Ferreira and Fernandez started playing, Italian-born Davide Gardini joined the team.

Gardini grew up playing soccer, but the longer he played, the more he realized he was too tall for soccer. His parents and sister played volleyball, so it seemed like the obvious switch.

"I fell in love with volleyball," Gardini said. "And it's been a good thing."

He left home at age 14 to go play in Rome for four years before coming to BYU. Recruiters from BYU found Gardini after an international

competition and invited him to make an official visit. He ended up liking the university a lot and decided it was the place to pursue his volleyball career.

Each of these players has adjusted to living life in the states and attending a university much different than their homes.

Ferreira said that adjusting took some time, especially with the culture, while Gardini said that leaving behind Italian cuisine was one of the hardest parts for him.

"I was raised Christian," Ferreira said. "But it's good for me to be more in touch with the (religious) culture."

Despite the thousands of miles of distance, each of the players' families has continued to lovingly support their players.

"(My family) loves that fact that I'm here," Fernandez says. "They enjoy it more than I do to be honest."

Genetic counseling: a growing medical field



By LAUREN LETHBRIDGE

Theresa Hogan attended a genetic counseling session with her mother in 2011. Five years later, her mother's breast cancer recurred and Hogan was encouraged by both her mother and doctor to visit a genetic counselor.

In a simulated video created by the National Society of Genetic Counselors, Hogan sits across from Kayon Williams, a genetic counselor in the breast center at the New York Hospital in Queens, New York. Williams asks Hogan for an update on her current health, medical history and family history, noting the BRCA (breast cancer) mutation found in Hogan's mother and maternal aunt.

Williams will spend time in her session with Hogan explaining the possibility and process of genetic testing. Her job is to make sure Hogan has all the information needed to feel comfortable and confident.

Williams' field of genetic counseling is projected to grow 29% between 2016 and 2026, according to the Bureau of Labor Statistics in 2019.

The National Society of Genetic Counselors defines genetic counseling as a way to "evaluate and understand a family's risk of an inherited medical condition."

Genetic counselors can help patients order genetic testing, interpret results, explain what is being tested and determine what testing would be most beneficial for a patient, said McCall Larson, a genetic counselor at Utah Valley Regional Medical Center in Provo.

"We can be the first step or middle step. We coordinate a person's care and how they can get what they need," she said.

Larson said cancer is the largest area of genetic counseling, helping more patients than in other areas like prenatal, pediatric and cardiology.

"Cancer 20 years ago was not a big field, now it's huge," she said.

Larson also said people who are diagnosed with cancer or who have a family history of cancer are encouraged to see a genetic counselor. She helps patients diagnosed with cancer determine what chemotherapy should be done and what surgeries will be best.

"There are certain chemotherapy or radiation treatments or surgeries that are more beneficial for certain genetic mutations. So they are coming in for their own treatment purposes," she said.

For those who do not have cancer, Larson said genetic counseling can help determine what type of genetic testing should be performed. She strives to help patients completely understand what the test will do and its limitations.

Communicating difficult genetic concepts is a challenge genetic counselors face. Larson said genetics is hard to explain and she tries to determine what learning styles are best for each patient to increase understanding.

Kyle W. Davis, a licensed and certified genetic counselor who works in neurology said he works to provide "an informed understanding of what (genetic tests) can do and their limitations."

At Lineagen, a diagnostic center in Salt Lake City that does genetic testing for children with autism or developmental delay, Davis also aims to communicate the current limitations of the field of genetics.

See COUNSELING on Page 2

Community honors Martin Luther King Jr.'s legacy of service

BYU's Y-Serve uses King day to help community

By SADEY LUDLOW

BYU and local communities commemorated Martin Luther King Jr. Day with various service projects in the Wilkinson Student Center as part of Community Outreach Day 2020, organized by BYU Y-Serve.

Participants began arriving at 8:15 a.m. for the anticipated four-hour event. Booths were set up in the WSC Garden Court displaying service projects — 11 on-campus and eight off — to choose from. Participants then moved from the Garden Court to the ballroom where there were doughnuts, a balloon wall photo area and seating for a presentation.

The theme of Community Outreach Day 2020 — keep moving forward — was inspired by Martin Luther King Jr.'s quote: "If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."



Preston Crawley

Debra Donner leads the opening number performed by the Unity Gospel Choir. The choir performed to start off Community Outreach Day.

Community Outreach Day Executive Director Paige Gifford said the hope of Y-Serve in organizing this event each year is to realize Martin Luther King Jr.'s vision of unity. She

said together people accomplish more.

"Anything that anybody is able to give, we're going to take it and be appreciative of it, and this community is going to be too," she said.

The Debra Bonner Unity Gospel Choir kicked off the event at 9 a.m. with musical performances. Former BYU football and BYU basketball player Danny Frazier then shared a message about accepting help from others.

"When you think about service, you need to think about opportunities not only to serve others," he said. "Be grateful, be patient and be considerate enough to receive the service and opportunities that might be presented by others to you."

Program Director Bridger Woods said he believes that focusing on others is a great way to lighten others loads as well as your own.

"As long as you're doing OK mentally and everything, then everything else that you have, going through it is so much better when you go and help other people," he said.

Participants Jillian Anderson, a BYU junior from Mansfield, Texas, and Rachel Morris, a BYU senior from Spring, Texas, registered for "Hearts Knit Together," which was a booth for volunteers of the non-profit organization and was one of the on-campus projects.

"(Community Outreach Day) brings people together to serve those in need," Morris said. "We set aside differences and serve one another."

UNIVERSE
newsbriefs
FROM THE ASSOCIATED PRESS



Niners, Chiefs in Super Bowl

A little more than two years ago, the Niners and Chiefs gambled on quarterbacks – Jimmy Garoppolo and Patrick Mahomes, respectively – who had all kinds of potential.

The Kansas City Chiefs will meet the San Francisco 49ers in the Super Bowl on Feb. 2. Oddsmakers opened the line at pick 'em in a title game featuring one franchise, the Niners, trying to win a record-tying sixth Lombardi Trophy against the Chiefs, making their first appearance in the big game in 50 years.



Foreign language film takes top honors

“Parasite” has officially infected Hollywood’s award season. Bong Joon Ho’s Korean class satire became the first foreign-language film to take top honors from the Screen Actors Guild on Sunday, setting itself up as a legitimate best picture contender to the front-runner “1917” at next month’s Academy Awards.

The best ensemble win for “Parasite” came over the starry epics “Once Upon a Time ... in Hollywood” and “The Irishman.” “Parasite” was nominated for six Oscars.



Senators to be quiet for Trump trial

No cellphones. No talking. No escape. That’s the reality during the Senate’s impeachment trial of President Donald Trump, which will begin each day with a proclamation: “All persons are commanded to keep silence, on pain of imprisonment.” After that, 100 senators will sit at their desks to hear from House prosecutors, Trump’s defense team and possibly a series of witnesses.

The normally chummy senators won’t even be allowed to talk at length to people nearby or walk on certain areas of the Senate floor.



LGBT activists say new bill targets transgender youth

Dex Rumsey, 15, and other LGBT activists have spoken up against bills in several states that would ban surgeries and hormone therapy for minors while still allowing for puberty blockers – medications that temporarily put puberty on hold. Rumsey and others argue the bills will increase depression and suicidal thoughts among transgender minors.

Conservative groups argue the bills are necessary to allow minors to hold off making these types of decisions.



Malaysia sends back trash

Malaysia has sent back 150 containers of plastic waste to 13 countries, with Environment Minister Yeo Bee Yi warning that those who want to make the country a rubbish bin of the world can “dream on.”

Shipments of unwanted rubbish have been rerouted to Southeast Asia since China banned the import of plastic waste in 2018, but Malaysia is fighting back. Another 110 containers are expected to be sent back by the middle of this year.

Demand for genetic counseling leads to lack of counselors

By LAUREN LETHBRIDGE

The U.S. national average job growth across all employment categories was 7% in 2019. For genetic counselors, that number is expected to be 29% between 2016 and 2026, according to the U.S. Bureau of Labor.

“There are not enough genetic counselors in the country. So many people want genetic testing and we can’t provide it for them,” said McCall Larson, a genetic counselor at Utah Valley Regional Medical Center in Provo.

Larson received her undergraduate degree in molecular

biology from Brigham Young University and her master’s in genetic counseling from the University of Utah. Her two-year training had Larson taking courses in subjects like genetics, cardiology, cancer genetics and pediatrics. Students are also required to take a few counseling courses, though the training is genetics-heavy.

“Genetic counseling is one of the few medical professions that includes extensive training both in the science and the psychosocial impact of healthcare on our patient community,” says an FAQ found on the National Society of Genetic Counselors’ website.

Genetic counselors must

VOLUNTEERING

Many graduate programs appreciate volunteer or advocacy work in places like assisted-living homes.

EARN A MASTER'S DEGREE

Attend an accredited genetic counseling two-year program that includes coursework, clinical training and a research component.

BOARD EXAMINATION

Pass the American Board of Genetic Counseling national certification exam.

OBTAIN WORK IN SPECIFIC AREA OF STUDY

Genetic counselors can choose to specialize in cardiology, prenatal/pediatric or cancer and find jobs in those areas.

Lauren Lethbridge

The National Society of Genetic Counselors provides information on its website on becoming a genetic counselor.

obtain a master’s degree from an accredited genetic counseling program. According to

the Accreditation Council for Genetic Counseling, there are 47 accredited programs in the U.S.

Many of these programs require 3-4 letters of recommendation, GRE scores, a personal statement and many schools require to have counseling or crisis intervention experience and time spent shadowing a genetic counselor, according to the NSGC website.

Graduates of accredited programs must pass the American

Board of Genetic Counseling national certification exam. Most jobs want board-certified counselors, said Kyle W. Davis, a licensed and certified genetic counselor who works in neurology at Lineagen, a diagnostic center in Salt Lake City.

Genetic counselors can find jobs in hospitals, like Larson, and doctor’s offices, insurance companies, research studies and genetic testing centers, like Davis.

Davis helps educate providers who order Lineagen’s testing. “I answer questions like, what does our testing do and not do, who is it intended for and what is the strategy for testing?” he said.

Davis said a factor in the lack of practicing genetic counselors could be the lack of spots in clinics and hospitals, which limits the number of students who can gain the necessary clinical experience to graduate.



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Continue from Page 1

“There’s just so much data that we get and so much that we don’t know—that we are still trying to learn,” Davis said.

According to a study published in the medical journal *Health Affairs*, as of August 1,

2017, there were approximately 75,000 genetic tests on the market. These numbers include both tests from labs like the one Davis works at and popular direct-to-consumer tests like 23andMe and Ancestry.

“From what I’ve seen so far, a lot of people who have done the direct-to-consumer test still end up coming to see me because the direct-to-consumer test doesn’t test for everything you need,” Larson said.

Davis said that direct-to-consumer tests aren’t designed to give a diagnosis.

“There are so many genetic

tests and there is a lot of confusion over what they do or what they don’t do,” Davis said.

Larson said because of this, anyone who gets a direct-to-consumer test should see a genetic counselor to answer questions and get a greater understanding of the implications of results.

Davis and Larson both said increases in technology and knowledge have led to a greater need for genetic counseling and licensed and certified genetic counselors.

“We know a lot more about our DNA now and we’re learning even more,” said Larson.

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Hannah Ahlander works on the Harold B. Lee Library’s new podcast, “Hey Harold.”

Roger Layton

‘Hey Harold’ podcast brings library features to life

By ERIKA MAGAOAY

The Harold B. Lee Library is sharing its lesser-known resources to students via a podcast called “Hey Harold,” which was released on Monday, Jan 13. BYU student Hannah Ahlander, the creator and director of the podcast, said it feature lesser-known aspects and people of the library, such as special collections and book conservation. “I felt like there was so many cool things that go on behind the scenes,” she said. Since becoming the public relations specialist at the library, Ahlander has experimented with alternative media routes. “We just said, ‘why not a podcast?’ It’s just such a big thing right now,” Ahlander said. She has worked on this project since September. Podcast listenership has increased by 40% since 2006 according to a study by the Pew Research Center. BYU communications professor Miles Romney said the release of true crime podcast “Serial” in 2014 is what really gave podcasts life. “True crime wasn’t a new genre, but it was new to the platform,” Romney said. “It brought a lot of people who

weren’t listening to podcasts to podcasts.” Now there are 19 different genres and over 500,000 podcasts on Apple Podcasts, but according to Romney only a small percentage of podcasts are actually successful. “In order to be successful with podcasts, you have to be really good,” Romney said. “You have to be interesting. You have to know your lane and you have to be an expert. If you don’t do that, you’re just taking into a microphone and recording it for your vanity.” Among some of those podcast creators are recent BYU grads like Katie Harris, who created the podcast “This One’s for the Girls” during her senior year. She had been a part of podcast production before but had never made one on her own. “I started it because I wanted to help people understand the struggles a young girl often has in adolescence,” Harris said. “I thought hearing the voices of the young girls would make an impact more than seeing them would, plus I wanted the experience. It had always intrigued me.” For BYU students, creating a podcast can be as simple as visiting the Harold B. Lee Library. “You can check out sound recorders and microphones,” said Roger Layton, library

communications manager. “We have a lab up on the fourth floor that has a whole bank of computers with all the software you’d need.” “I’m not a huge tech person,” Ahlander said. “If I can do it, anybody can.” Though more and more podcasts continue to be produced each day, Layton believes students will enjoy Ahlander’s new podcast. “I think if people might be just a little curious and give them a listen, they’ll be hooked because she interviewed such interesting people and they’re so enthusiastic,” he said. “I think that’s a little contagious.” According to Romney, as long as people continue to do activities that require listening, podcasts will continue to have traction. “A lot of people are listening to podcasts when they’re engaged in some other activity,” he said. “As long as we still have those tasks, and those activities that we’re doing, I think the podcast genre form will continue to grow.” Ahlander is hopeful about the podcast’s success. “I hope that people listen to it and appreciate the people that work here at the library, because we have so many amazing employees that do amazing things for the students,” she said. “I don’t want their efforts to go unrecognized.”

Social media may offer LGBT individuals a safe space to come out

By KARINA ANDREW

Daniel Spencer said that when he came out as gay on Instagram, he lost 50 followers within 20 minutes. The Provo’s Most Eligible cast member and comedian behind the popular Provo meme account, provohoelife, said the rapidly dropping number of followers confirmed all the anxieties he’d had before posting his coming out video — that people would react negatively to his identity. Spencer said he had to put his phone down all day and avoid looking at the account. When he finally checked it again, he had gained 200 new followers. Coming out on social media has been a growing trend in the LGBT community in recent years. BYU family life professor Sarah Coyne said this might be in part because positive interactions through social media can provide support and help with identity development. “There has been a number of studies showing that social media is actually really important for LGBTQ individuals because they can really find a sense of community,” Coyne said. She added that social media can also act as a buffer from potentially negative in-person reactions. For Spencer, coming out on social media was about showing the Provo community that gay people are just people. He said he felt his time on Provo’s Most Eligible and his popularity on his meme account put him in a unique position to make a difference. His sister was very encouraging. Spencer said that she told him, “You have a platform now where you can do something like that and you can help people see a better side of what gay people are in the community.” Spencer said he was thrilled



Daniel Spencer

Daniel Spencer, known for Provo’s Most Eligible, recently came out over social media. by the overwhelmingly positive reactions he received from his family, friends and followers. “The world is changing and it’s progressing,” he said. “It’s really cool to see that happening, especially at BYU.” Spencer acknowledged that he was lucky to have had such a positive response, as he knows not all LGBT individuals get the same treatment when they come out. Coyne noted that despite the positive effects of social media for the LGBT community, it isn’t always a safe space, as LGBT individuals often become targets of cyberbullying. Fear of potential backlash is a reason LGBT individuals might choose not to post publicly about their sexual orientation, according to BYU junior and rugby player Christina Miller, who identifies as lesbian. She said she doesn’t try to hide her sexual orientation but doesn’t make an effort to show it, either — and so far, she has chosen not to post about it on social media. “I should just be able to exist as I am,” Miller said. “I wish it wasn’t necessary. I feel like I shouldn’t have to explain myself.” On the other hand, Miller said she’s thought about coming out on social media so that other LGBT students at BYU can see her as a resource for help and support. She said she feels a sense of pride when she sees others coming out on social media and appreciates the sense of community it creates. “If you’re coming out on social media, you’ve gotten to a point where maybe you’re more accepting of this part of yourself,” Miller said. “I like seeing people love themselves. I want people to be happy.” Coyne encouraged people to be loving and supportive when others in their circle come out to them, whether on social media or otherwise. “(Coming out) is a really brave and vulnerable thing,” she said. “They don’t need to be told that they’re wrong, they don’t need to be told that they’re not following the gospel or whatever. You need love and support in that situation.”

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Elder Ronald A. Rasband
Member of the Quorum of the Twelve Apostles

Elder Ronald A. Rasband was called to the Quorum of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints in October 2015. He had been serving as a member of the Presidency of the Seventy since 2005 and was serving as the senior president of the Presidency of the Seventy when called to the Twelve. He has served as a counselor in the Europe Central Area presidency, president of the Utah Salt Lake City Area, and executive director of the Temple Department and has supervised the North America West, Northwest, and three Utah areas as a member of the Presidency of the Seventy.

Elder Rasband attended the University of Utah. In 1995 Utah Valley University awarded him an honorary doctorate of business and commerce. In 1976 he joined

Huntsman Container Company as sales representative, and in 1987 he was appointed president and chief operating officer of Huntsman Chemical Corporation.

When he left Huntsman Chemical Corporation in 1996 to serve as a mission president in New York, he was also serving as a member of the corporation’s board of directors.


Elder Rasband has held numerous Church callings, including full-time missionary in the Eastern States Mission (1970–1972), Temple Square missionary guide, bishop, and member of the Church’s Sesqui-centennial Committee. He presided over the New York New York North Mission from 1996 to 1999.

Elder Rasband and his wife, Melanie Twitchell, are the parents of five children.

Selected speeches available at speeches.byu.edu

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First food hall in Provo opens

By SIERRA FREELAND

The Hut, located at 495 E. 600 North, is Provo’s newest contemporary dining experience, combining the convenience of a food court with the elegance of local eateries. Restaurants at The Hut include Honest Eatery, Dirty Bird Chicken, Jurassic Street Tacos, Summit Inn Pizza Co., Crumbl and Seven Brothers.

According to The Hut employee Becca Egan, the hope for The Hut was not to be a business but a place where people can hang out and build friendships. For example, cement fire pits surrounded by chairs take up the side lot next to the building to allow for additional seating; a large, Instagram-worthy mural is on the wall next to the seating; and upbeat music floods the building.

“That’s a vibe” is the atmosphere owner Mike Wade was looking for when he began creating The Hut, according to Egan. It was built as a fun, central location where students can meet up and socialize without having to compromise on where to eat.

“It’s totally unlike anything we have here,” Egan said. “We have strip areas where we have multiple food options, but to have them all in one location is totally different.”

Dirty Bird Chicken worker Ashlyn Henry has been looking forward to the opening of



Hannah Miner

Customers eat at The Hut, the first food hall in Provo.

The Hut for months. The support they received opening day was so much more than Henry could have imagined.

Henry had been working with the company for a while previously and decided to continue with the company as they opened the first Dirty Bird Chicken.

“It was cool to see everything come together,” Henry said. “I didn’t realize how much support they would receive.”

The Hut reached out to students and community members through social media before their grand opening. They advertised a raffle for free food for an entire year

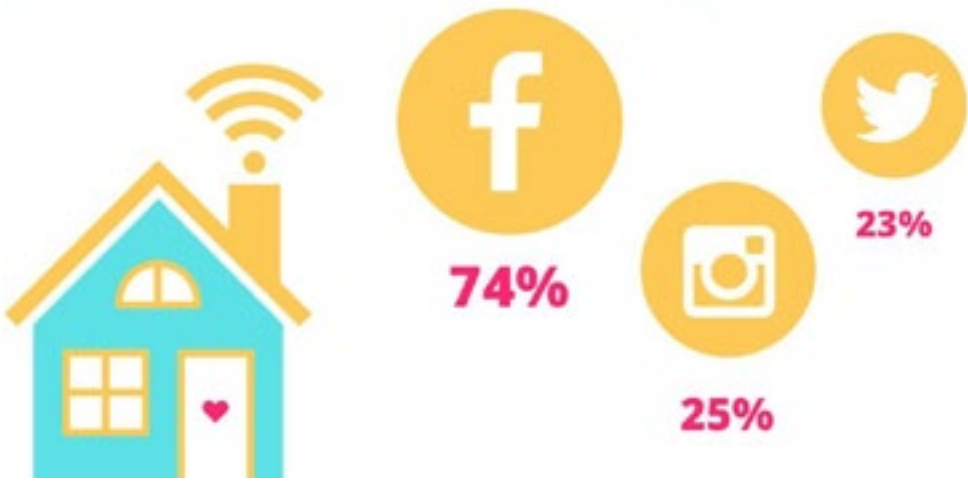
on Instagram and Facebook, which attracted more attention at the opening.

BYU student Alexa Wilkinson saw an advertisement on Facebook a week before the opening of The Hut. She is excited to have a place within walking distance of her apartment where she can hang out with her friends.

“I think it’s a genius place to put it,” Wilkinson said. “It’s right in the middle of all of the student housing making it super accessible.”

To contact The Hut or find more information, individuals can find them on Instagram @thehut_provo and on Facebook at The Hut Provo.

Social Media Use Among Parents



Sydnee Gonzalez

According to a study on social media and families, 74% of internet-using parents use Facebook, 25% use Instagram and 23% use Twitter.

Social media affects family dynamics

By NICK GLEDHILL

From monthly family updates to mommy blogs, social media has created a unique family niche on the internet. Growing numbers of families are creating a network to share their families’ experiences, such as moving to a new home or raising children. Some will create posts on the “how-tos” of parenting or discuss the controversies of home life like vaccines or child discipline.

Families publishing their lives on social media has become a growing trend in recent years, but what are the consequences on the family away from the screen? How are family dynamics affected by social media?

Kelsey Ellis, a new mom and BYU alumna now living in Columbus, Ohio, said she likes to post about her family and everyday events because it provides her a support group of people in her exact situation.

Ellis said there are two reasons why she posts on Facebook: to show everyone, especially her mom, how much her daughter has grown, and to document her recovery after childbirth.

“Social media gave me a voice in a time when I was trying to grasp on to my dignity,” Ellis said.

Ellis said social media has given her and her family the ability to start meaningful conversations about childbirth and mothering.

“When you have a baby, everything is about that baby,” Ellis said. “There isn’t a whole lot of focus on the mom. If you do have any focus on the mom, it’s comments that are well intended but seem fake. I’ve heard people say, ‘Wow, it doesn’t look like you pushed out a baby!’ But what if I did look like I just pushed out a baby? Why is that negative?”

Ellis also said the purpose of her chronicling her family experiences is to document the deeper emotions that go into being a mom.

While Ellis uses social media to start meaningful conversations, Saratoga Springs resident and former BYU student Kate Neish uses it to share stories and images of her son, Teddy.

“As far as social media and parenting goes, I really like social media,” Neish said. “I feel like a lot of the work that parents do with their children is silent and goes unnoticed.”

Neish said social media allows her to share the intensive work inherent in being a mom. While she acknowledged that parenting isn’t the most exciting work, she appreciates the community social media creates for parents to offer support for each other.

“I appreciate getting comments that say, ‘Hey, I know what you’re going through and that’s great, hang in there, being a parent is hard, you got this.’” Neish said.

While Neish and Ellis focus their posts on triumphs and travails of motherhood, other families set their focus on a more general audience. Bailee Morris, a former BYU student and Vineyard, Utah, resident, uses Facebook and Instagram to spread messages of family topics most people would shy away from.

“I feel really strongly about putting content to the world that most people don’t talk about,” Morris said. “For example, the other day I posted on how I genuinely like working. I think that’s one of those topics that can be stigmatized in LDS culture.”

In addition to posting less-than-common conversation starters, Morris strives to post content on the internet that she feels will help their children’s self-esteem.

“I am teaching myself to say kind things to myself and hopefully showing my daughters and other people the importance of self-esteem,” Morris said.

The Morris family’s rules on social media are simple: “As long as it’s going to something that is uplifting or helpful, even if it’s an unpopular opinion, then it’s worth posting,” Morris said.

Families like Coreena White’s use social media to simply connect with their family members, near or far. White, the resolutions manager at the Harold B. Lee Library, is an avid user of social media and uses it to stay connected to her five children, three of whom live outside of Utah.

“I use social media to create something of an online scrapbook to preserve memories I

make with my family,” White said.

While each of these families tries to pursue uplifting pursuits when posting on social media, it’s not without challenges. The Ellis, Neish, White and Morris families have all faced familial backlash from their posts.

“Sometimes my teenager will tell me I have posted an unflattering picture of her,” White said. “Other times there are Facebook arguments from relatives from posts I’ve made that weren’t intended to do so.”

In each case, the mother of each family has been the front-runner of the family’s social media presence.

BYU family life professor Sarah Coyne said that women tend to be more relationship-focused, hence their general desire to want to keep existing or create new relationships online.

“Mothers are considered to be the keepers of the family in terms of keeping a place where families can get together and create memories,” Coyne said. “You can see how social media would fit into that desire.”

Another reason Coyne said that mothers are more inclined to post their family’s lives on social media is that mothers, especially stay-at-home mothers, tend to feel more isolated, so social media allows them to have some sort of connection with other people.

Coyne cautioned families to think critically about social media, which she says allows families to only portray the best and clean-cut moments of family life.

“The problem is if moms are reaching out to others and begin to think that parenting is easy and doubt their abilities to raise a family,” Coyne said.

Coyne’s numerous studies have shown that families that engage with each on social media tend to result in good outcomes in family engagement, but that social media can have negative effects when people begin to engage in social comparisons.

Whether families are affected for good or bad, social media appears to continue to be an active catalyst in families’ dynamics, which will be determined on how families choose to interact with social media.

#BYU hacks

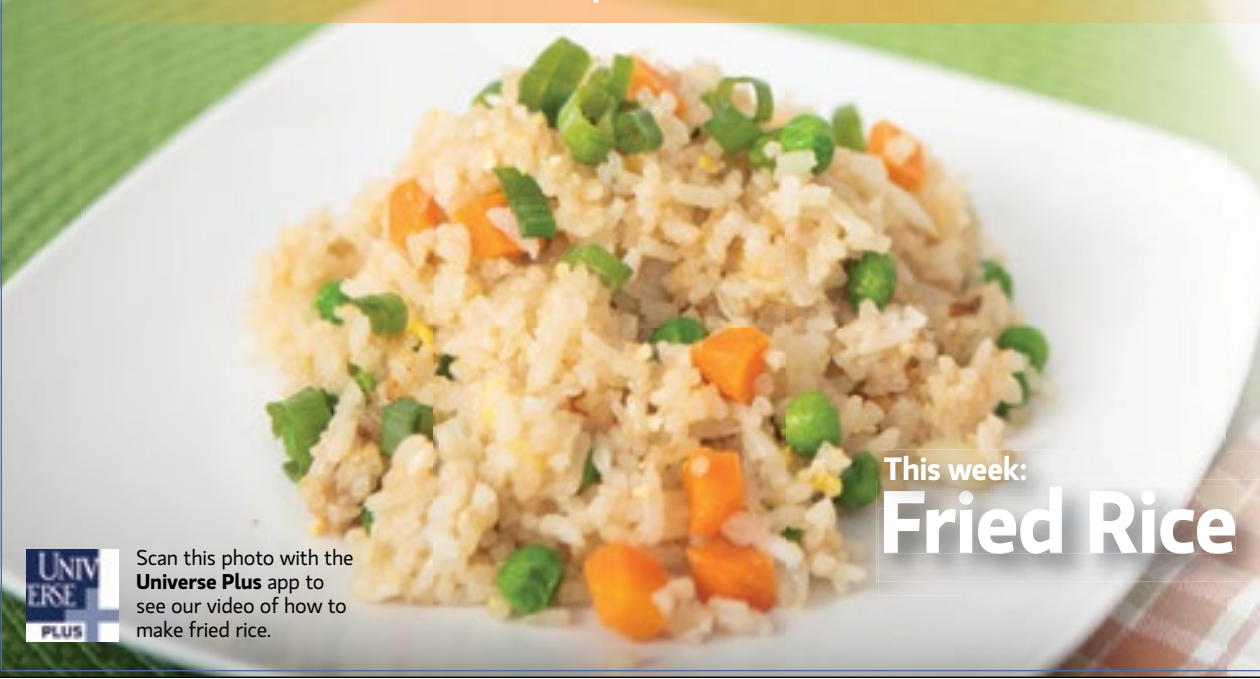
The ‘how to’ at BYU



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

Simple Bites

Recipe Column



This week:
Fried Rice

Ingredients	For 1	For 2	For 4
Cooked rice — Jasmine or long grain	1 cup	2 cups	4 cups
Onion - Finely diced	1/4	1/2	1
Garlic	1 tsp	2 tsp	1 tbsp
Frozen peas and carrots	1/4 cup	1/2 cup	1 cup
Egg (scrambled)	1 small	1 medium	1 large
Seasme oil	1 tsp	2 tsp	1 tbsp
Soy Sauce	2 tsp	2 tbsp	1/4 cup
Salt	to taste	to taste	to taste
Pepper	to taste	to taste	to taste
Green onion — Sliced	1 stalk	2 stalk	4 stalk

Directions:
In a large skillet or wok, heat sesame oil and add cooked rice. Saute slightly until rice begins to brown.
Add onion, garlic, peas & carrots. Continue cooking, mixing often (stir-fry). Add soy sauce and mix until completely blended.
Move rice to the edge of the pan creating an opening in the middle. Pour scrambled egg into middle and begin to incorporate into the rice, mixing slowly to allow the egg to cook through.
Season with salt and pepper and additional soy sauce if desired.
Serve hot topped with sliced green onion.



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

Australia’s not the only place getting warmer



Associated Press
NSW Rural Fire Service crews fight the Gospers Mountain Fire as it impacts a structure at Bilpin, Australia. The decade that just ended was the hottest ever measured on Earth.

By ERIKA MAGAOAY

Fires in Australia are still raging, and Utah should expect similar extremes in weather, according to local leaders and experts.

The fires have burned six times more land than the record-high California wildfires of 2018, with 1.96 million acres burned, according to the California Department of Forestry and Fire Protection.

Australian Prime Minister Scott Morrison confirmed in a press conference on Jan. 8 there have been 27 deaths and 2,131 destroyed homes and reported that communities are struggling to recover from the fires that ravaged through their homeland in a press conference on Jan. 8.

“The fires are attributed directly to global warming,” said BYU plant and wildlife sciences professor Ben Abbott. Though the sources of the fires range from natural causes to arson, Australia’s incessant drought crisis, as well as changes in air masses and ocean masses, are associated with climate change.

“Let’s say that there were no humans on Earth,” Abbott said. “There still would have been bushfires in Australia; that’s a critical part of that ecosystem. It just would have been a tiny fraction of what we’re seeing now.”

Australia isn’t the only continent experiencing the adverse effects of climate change. Extreme weather events are happening more often Abbott said.

The United States can expect changes in weather, including longer periods of heat, shorter cold spells and an increase in floods and droughts, according to the U.S. Global Change Research Program.

“The Earth system has a lot of momentum, and so it’s hard to get it to change its direction,” Abbott said. “One hundred years ago the prenatal stages and consequences were already there, but you had to go looking for them. Now, the consequences of climate change are coming looking for us, and you can’t escape it.”

In Utah, rising temperatures mean snow melts earlier in the year, according to the Utah Rivers Council. With less snow and shorter-lived snow-capped mountains, Utah will experience longer periods of susceptibility to wildfires, Abbott said. The National Oceanic and Atmospheric Administration has found that in some areas,

the risk of megafires will increase up to 600% between 2041 and 2070.

BYU student Leika Hansen, who serves as manager for BYU’s ecology lab, said the western United States is already experiencing an increase in droughts and wildfires. Increases in temperature and more energy in the weather system means longer dry spells and more lightning, which Abbott called “a wildfire’s dream.”

As the temperatures in Utah increase, more precipitation is projected to fall, as rain instead of snow, decreasing snowfall and melting the snow that does fall, according to the Utah Rivers Council. With 85-90% of drinking water coming from snowmelt runoff, not only will Utah’s water supply decrease, but there will also be more flooding events, said Executive Director of the Utah Rivers Council Zachary Frankel.

“As Utah’s populations grow, these problems will be exacerbated,” Hansen said.

Ecosystems aren’t the only thing at stake — lives are too, as evidenced by the 27 and counting deaths from the Australia fires.

“Numbers are an incredible, powerful way of looking at the world, but they don’t tell the whole story,” Abbott said. “As long as there’s anybody who’s dying because of my actions, or whose health is degraded because of my actions, I want to know about that. And then I want to know how I can change my life to make it less likely that that’s going to happen.”

Now, even those who have the motivation to disprove climate change can’t deny the evidence said Abbott, referring to individuals in the fossil fuel industry.

In the United Nation’s Intergovernmental Panel on Climate Change’s Fifth Assessment report in 2014, climate change was declared legitimate and greenhouse gases blamed for the increasingly warmer planet.

Though humans have been emitting greenhouse gases since the Industrial Revolution, skepticism exists. Hansen said that because people have varying opinions on climate change’s validity. Despite the research supporting it, talking about it can often seem taboo.

“There are still many legislators who don’t believe climate change is real,” Frankel said, urging Utah residents to contact legislators. “We need to tell our leaders to get serious about climate change.”

Reducing energy consumption is the most effective way to combat climate change according to Abbott. According to the United States Environmental Protection Agency, over six million metric tons of greenhouse gases were emitted by the United States in 2017. Abbott said this number will likely continue to increase. He recommends eliminating excessive use of cooling and heating systems, using a bike or public transit instead of driving a car and consuming less meat.

Hansen recognized that the complexity of climate change makes it a difficult problem to solve. “Through individual, political and overall societal change, we can avoid losses of human, animal and plant life.”

Australian BYU tennis player Jack Barnett discusses homeland fires

By EMILY STRONG

BYU men’s tennis player Jack Barnett has felt the effects of the Australian bushfires over the last four months.

Barnett is originally from the east side of Australia, known as the sunshine coast, but came to BYU as a freshman in fall semester 2019. Shortly after he arrived in Provo, the Australian bushfires ignited across his home country.

Barnett’s father, mother and sister still reside in Australia and are seeing the full range of effects the fires are having. Barnett said there are some fires that were originally close to his family but have since been put out or contained. When speaking of his family’s encounter with the bushfires he said, “They had to leave, actually, in around October or September.”

When asked how the fires have affected him throughout this semester, Barnett said that they have had a drastic impact on him because his family had to evacuate and thoughts of his home burning down had crossed his mind. Lots of housing in Australia has been affected by

the fires, and many people have evacuated to different parts of Australia because of the natural disaster. Barnett said he still has thoughts of things turning out badly for his family.

His family was able to return home, and they were left relatively unharmed by the immediate effects of the fire. Since their return, Barnett said the fires haven’t affected him as much but that he still worries.

This fire season is the most devastating on record, with almost 1 billion animals killed and 14 million acres destroyed, according to Business Insider. The fires started because of a prolonged drought that began in 2017. When official bushfire season started, the dry air instigated the flames and caused the fires to spread more rapidly. Many of the fires were started by natural causes like lightning, but a few were caused by humans.

While the fires were burning, Barnett was training and playing in tennis invitational tournaments with BYU almost every weekend in November.

BYU Men’s Tennis Coach Brad Pearce said the most important thing in helping a player through trying personal

circumstances is to listen to players and let them feel heard. When players are far from home and family, Pearce said having someone they can talk to can make all of the difference.

“As coaches, we are all striving to be better in this area, making connections in their personal lives and showing them that we care about the whole person, not just the player,” Pearce said.

The efforts to help the firefighters and people of Australia have been getting a lot of media attention recently, but Barnett said these fires have actually been going on for months and people have been struggling throughout the entire fire season, which started in September.

He said that while the new attention to the cause is great, he hopes the momentum continues and people keep talking about what is going on at home for him.

“Even if you are just sharing a post on Facebook or Instagram or also if someone is able to donate money, both help a lot because there are a lot of firefighters who are risking their lives and people’s houses have burned down,” Barnett said.

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MIXTAPE

This week:

Aubrey

“Colorful” Songs

his indie rock group continues to grow with the release of their latest album “tryhard.” One of the top songs on this album, “Daphne Blue,” speaks to the little details that remind one of a past love. Daphne blue is the paint color originally used on a 1958 Cadillac and was later used on a Fender guitar. This is a fitting backstory for the track as the star is really the punchy and electric guitar riffs which inspired writing the song in the first place. Seeing The Band CAMINO in concert was a testament to how hard they can go on this song; the crowd identified the song from the first few chords and then didnt stop dancing until the last note.

“Daphne Blue”
The Band CAMINO
tryhard

“Yellow Lights”

Harry Hudson
Yesterday’s Tomorrow Night

“Yellow Lights” was the first song I ever heard by Harry Hudson and was the catalyst to my obsession with him. Hudson’s blend of folk, rock, and pop makes for a sound unique to him that creates a memorable and distinct style which his fans can immediately identify as his. Hudson’s debut album “Yesterday’s Tomorrow Night” comes out of the depression that befell him during chemotherapy treatment after learning he had Stage 3 Hodgkin’s lymphoma. Hudson explains that the ‘yellow light’ moments in life are decisive points where “you’re forced to go all in or stop everything completely.”

“2 For Blue”

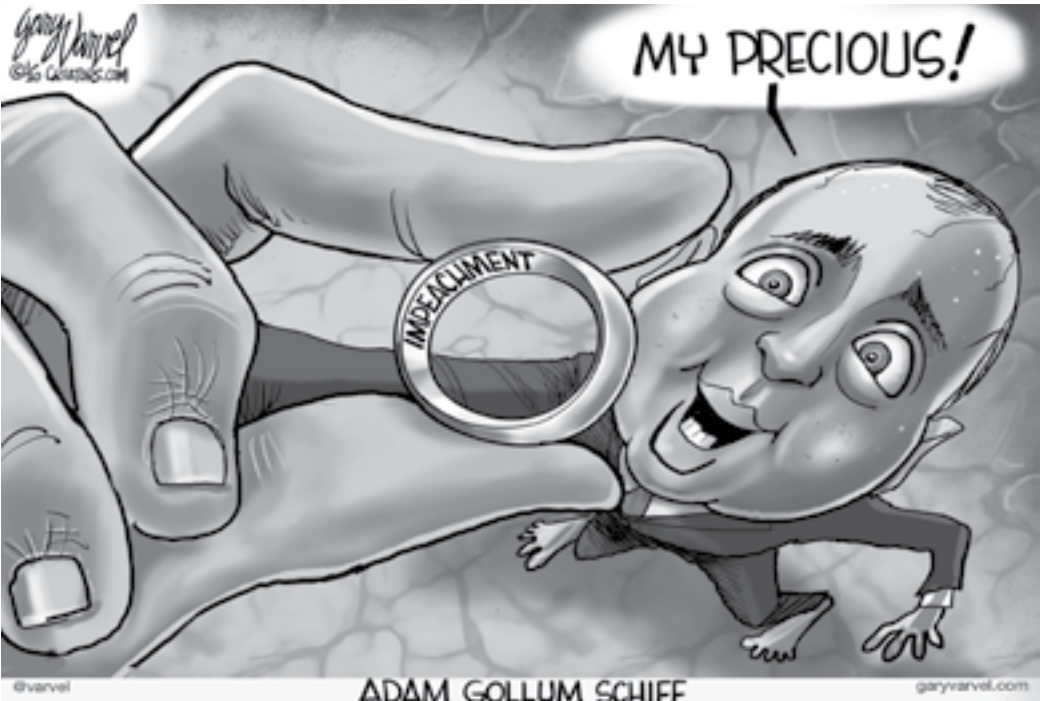
JADN
City Skies

This up-and-coming group is certainly one to look out for in the indie pop scene. JADN released theirfirst album “City Skies” last year and is just getting started with producing upbeat tracks with appealto a large scope of music lovers. JADN produces music from their bedroom studio which allows themto remain true to their sound and record tracks that reflect their authentic creative decisions. “2 ForBlue” features lyrics that deal with the nostalgia and occasional longing for the past that comes with growing up.

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

Opinion

ISSUES & IDEAS



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

@MayBurdie

"For 6 months I thought a Kardashian was a pastry"
@byuprofessors
@HeardAtBYU

@noahlarson23

Said a prayer in front of 350 students today. Never felt more holy
#byu

@cook1e_ann

BYU Students Voted Most Likely to Help You Pick Up the Papers You Just Dropped on the Ground

@kyra_marriner

"i dont know why im so awake right now... maybe its because I had a sausage link and a huge bite of a crumbl cookie"
@HeardAtBYU

@SydneyNorwood

IF DAVID ARCHULETA IS THE BACHELOR ON PROVO'S MOST ELIGIBLE, THEN I AM SUDDENLY READY FOR A RELATIONSHIP AND ALSO MARRIAGE

@savvyostler

"did anybody get engaged this weekend? no?!"
@hankrsmith
@HeardAtBYU

@laney0g

one time I was in the elevator in the swkt with this really cute guy and I didn't get his name and now I'm worried that was my only chance at love

@Amijaw

"I like waking up early because it's like you're beating the sun. You get to look up and say, 'Ha! I got up earlier than you, you lazybones.'"
@HeardAtBYU

@TheWallBYU

your girl isn't playing hard to get, you just haven't asked if she wants to eat at The Wall

@misfitgirl98

Professor: what's your name and major?
Kid: Brock and I'm....
Kid in the back: a Pokémon trainer.
@HeardAtBYU

@aubrey031018

u never know what u have until it's gone (the lazy river @ the provo rec):/

@kaitlin_talOr

"you guys don't seem to have a lot of energy. you're draining the happiness from my life"
@hankrsmith @HeardAtBYU

@maddy_notmaddie

"You can't even recycle here! If we were in Cal Poly in San Luis Obispo we'd all be vegan by now!"
- @brigitte_eagar
@HeardAtBYU

@hayleypetersen

my roommate just made ramen at 9:45 am and drank orange juice with it . college is really just a free for all huh

@rodeoman

someone comes get their mans who just went up to the pulpit and said his favorite hymn was the efy medley

@factaurial

You know you're in a Provo YSA Ward when the bishopric has the wrong Makenna(sp??) sustained and it takes them a week to figure it out

@autumndaun

I don't think I've ever met someone who is not a sophomore at byu like everyone is either a "freshman, but credit wise a sophomore" or a "sophomore in my program, but credit wise a super senior" I have never met a single person who does not fall into one of those categories

@emmapearlw

it was 53° today which was beautiful and lovely so i checked the weather to see if that would be happening again any time soon only to see there is a 100% chance it will snow tonight so yeah that sucks

@_tiaunamarie_

i just walked into the elevator in the jfsb and the old man is just in socks. i'm not saying this is a problem, i'm just confused

@mckennaclement

Everyone in my capstone group uses MacBooks and iPhones. True serendipity.

@bluebirdaw

"talking about why we don't need government aid"
"It's a dog eat dog world out here... sorry you're a puppy"
@HeardAtBYU

@priskrill3x

"Never gonna give you up? What is that?"
@HeardAtBYU

@Littlelady

friend 1 from across the room: is that a cupcake you are eating?
friend 2: no its a burrito!
friend 3: you don't know what tacos are because you never served a mission
@HeardAtBYU

Tweets are unedited.

READERS' FORUM

Gun laws

Thirty seconds — a seemingly insignificant amount of time, but you'd be surprised what can happen in just a little bit of extra time. You can set a goal, stretch, clean off your desk, drink a glass of water or text a friend. In August of last year, 26 people were shot and nine were killed in just 30 seconds in Dayton, Ohio, before the suspect was taken down by police. Thirty seconds was all it took.

Without going into Utah's regulations on guns (or lack thereof), which are just as lax as those in Ohio, it's obvious that all states must respond to the rise in mass shootings. Some haven't taken steps to lower the chance of mass shootings through "red-flag" laws.

Utah representative Steven Handy began pushing for a red-flag bill in Utah for the third time shortly after the deadly shootings in El Paso, Texas, and Dayton, Ohio. It would allow the family member of someone who is at risk of carrying out these acts to seek an emergency order from a civil court judge in order to temporarily take that person's guns.

Whether you think bills like these are the solution or not, it's clear something needs to change and change now. As students and as voters, we need to become more aware of this rising problem and do the research ourselves. It is becoming apparent that after a tragedy becomes 'old news', many are silent once again and ignore the need for change. We must support and vote for the people who will keep the conversation going and who are committed to finding the solutions.

Our response can't simply be a 30-minute address, or even a 30-day debate — this 30 second tragedy and victims of others like it deserve an ongoing conversation.

—Sabrina Martin
Cottage Grove, Minnesota

The scooching problem

As a student at BYU, I would like to address the ridiculous problem that plagues my large auditorium classes: the scooching problem.

Now imagine this common occurrence: you arrive to your class, barely on time, to see that the only available seats are in the very middle of the rows. Since the professor instructs you to find a seat, you are forced to endure the excruciating ordeal of having to awkwardly climb over 15 people to get to the middle. As you embarrassingly try to shimmy over others, the people already sitting down furiously pick up backpacks, laptops and notebook and try to make themselves as small as possible, similarly like a roly poly curling into their shell.

You can stop this madness! When you come upon an empty row, scooch in. Will you be a little squished in the seats? Yes. But could you be squished next to your future best friend? At this school, possibly! Do you feel too tall? It doesn't matter! No one ever minded a little knee

brushing. What if you have to go to the bathroom frequently? Hold it and think about the important lecturing you can now listen to. If you worry about making it to your next class on time, it takes me 65 seconds when sitting in the middle of the row to exit class and 25 seconds when sitting on the end (I would know, I timed it). Is 40 seconds worth the pain?

I hope the students of BYU will understand my torment.

—Halle Gebhardt
Medford, Oregon

So you're aware of breast cancer — what else?

Imagine you've gone back in time to a high school football game in the middle of October. The cheerleaders have pink awareness ribbons on their bows. The football team is wearing pink socks. The marching band might even have on pink gloves.

Yup. It's Pinktober.

However, unknown to most people, October also serves as the awareness month for several other conditions other than breast cancer — with colors other than pink. Turquoise, for example, represents a condition called dysautonomia. I happen to have this condition. Other examples include purple, green and teal for Rett Syndrome, mental illness and food allergies, respectively. A lot of these awareness campaigns are actually pretty active in their respective months. But mostly, you just see the pink movement.

Don't get me wrong, breast cancer awareness is vital. The cancer afflicts millions of people. My point is, so do so many other conditions. But you probably don't know about those conditions unless you have personal experience with them or you spend time Googling medical conditions, which isn't normal.

We know awareness has worked — you see the pink ribbon everywhere in October and experience pink-outs at sporting events. Why not accompany all that with turquoise ribbons and a blue-out for dysautonomia? Or a purple-out for Rett Syndrome? Do some research to get a basic understanding and spread some awareness in your community with events that are already happening, like sports. You could add some green and teal during other months for the other campaigns I mentioned earlier. There are multiple awareness campaigns in almost every month of the year. Multiple colors of ribbons. Millions of people trying to live their lives with medical hardships who could use some awareness.

Am I biased about this? Of course I am. When you live with a condition, you think about it often. But if it were you or a loved one, wouldn't you be biased too?

—Hannah Christiansen
Phoenix, Arizona

OPINION OUTPOST

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

Oscars lack of diversity

Once upon a time in Hollywood, there was a slate of Oscar nominations populated by directors and performers of reasonably diverse ethnic backgrounds and genders. Alas, that was in 2018. And again in 2019. But the fairy tale did not come true again on Monday, when the Academy of Motion Picture Arts and Sciences announced the nominees for the 2020 Academy Awards, which amounted to #Oscarsprettywhiteandmale.

Ultimately, if the Oscars are going to be more diverse, what's needed is for the industry to be more diverse.

— Editorial Board
The Los Angeles Times

Texas turns back on refugees

With the stroke of a pen, Texas Gov. Greg Abbott has embraced moral myopia — specifically, contempt for the planet's most vulnerable people. He did so by becoming the first governor to announce that his state would refuse to welcome even the scant number of legal, fully vetted refugees who would otherwise have settled there in the coming year.

— Editorial Board
The Washington Post

Houston Astros cheating scandal

Cheating hurts more than just the person or team that unwittingly loses. It hurts more, even, than the person doing the cheating. If allowed to take root in a society, it can destroy peaceful order, undermine public confidence and sap a nation of its strength. That may be an unfair

load to strap onto the shoulders of the Houston Astros, whose sign-stealing scheme in the 2017 World Series resulted this week in the suspension, and subsequent firing, of the team's manager and general manager, as well as a fine and the loss of future draft picks.

But then, given the outsize importance Americans now place on sports, it may be understating things.

— Editorial Board
Deseret News

Trump's China strategy

Perhaps the most valuable feature of the skeleton trade deal that the United States and China signed this week is simply that both sides have agreed to suspend tit-for-tat escalation. That alone is enough for people on both sides of the Pacific to breathe a sigh of relief.

The bad news is that the deal doesn't do much to address the

longstanding problems in the economic relationship between the United States and one of its largest trading partners

— Editorial Board
The New York Times

Utah's food tax

Owners of the Utah-based supermarket chain announced Thursday that their 19 stores will be actively hosting the signature-gathering campaign aimed at overturning the tax reform package passed last month by the Legislature and

signed by Gov. Gary Herbert.

"Food is essential and should be affordable," Harmons Chairman Bob Harmon said in a statement.

Objections to the tax package, the governor said, should be, "based on facts and not emotion."
— Editorial Board
The Salt Lake Tribune

Flight shaming

It started in Sweden, where the term flygskam (flight shame) was coined in 2018 to describe the unease about flying experienced

by environmentally conscious travellers. The hashtag #jagstannarpåmarken (which translates as #stayonthe ground) came into use around the same time, as groups sprang up to share tips.

Individuals altering their habits, even in large numbers, will not avert disaster. In a sense the opposite is true: collective action by whole countries, led by governments, to push entire economies into a clean era is the answer.

— Editorial Board
The Guardian

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.

Senior leadership guides men’s basketball to success

By SYDNEY FLEMING

Yoeli Childs’ return and the acquisition of senior Jake Toolson added to the already senior-heavy BYU men’s basketball team heading into the 2019-20 season.

BYU enjoyed the comfort of a complete roster with depth on the bench from seniors such as Zac Seljaas and Dalton Nixon, while also receiving more bench help from transfer add-on Jesse Wade before injuries, retirement and other unexpected roadblocks.

The roster and starting five were almost set before the start of the season.

Leading the team would be senior power forward Childs, who averaged 21.2 points, 9.7 rebounds and 2.1 assists per game in 2018-19. Following Childs would’ve been TJ Haws, who averaged 17.8 points and led the team in assists with 162.

2018-19 WAC Player of the Year Jake Toolson announced his return to BYU as a grad student in May after playing for Utah Valley University for two seasons. Toolson originally played at BYU for two seasons. Finishing out his senior year at UVU, Toolson averaged 15.7 points, 4.5 rebounds and 2.3 assists per game.

Another senior addition to the team was shooting guard Nick Emery, who averaged 6.1 points a game and shot 35.5% from three and was third best on the team last season behind senior McKay Cannon and then-junior Seljaas. The fifth potential starter was Gavin Baxter, who averaged 4.7 points and led the team shooting 64.8% from the field.

The team’s dynamic took a turn with Childs’ nine-game suspension, Emery’s senior year retirement and Baxter’s season-ending shoulder injury. That left Haws and Toolson to lead, with other players filling in the starting lineup.

Haws is proud of how his team has responded to the adversity and feels it



Hannah Miner

Senior Jake Toolson leads his team in huddles prior to BYU’s matchup against LMU on Jan. 4. The veteran-heavy BYU basketball lineup features seven seniors.

has brought the team together despite the unexpected events.

“I think it’s our chemistry, the way we play together, our heart. I feel like this whole year, we’ve had a lot of adversity and things haven’t really gone our way, but we battled every single day and we’ve gotten better every single day, and I think that has really helped our team grow closer together,” Haws said. “I think that shows out on the floor by how we play, by how we share the ball and by the way we’re just trying to help each other win.”

Seven games back from suspension, Childs is now on the bench after hurting his finger on Jan. 7, two days before BYU faced WCC rival Saint Mary’s. Childs

averaged 20.9 points and 10.1 rebounds while on the floor so far this season.

The leadership in the 2019-20 season has varied from player to player depending on the game, but collectively, the leadership has come from the entire senior group.

Besides Haws and Toolson, senior Nixon also added his part, averaging 8.3 points on 49.1% from the field and 42.2% from three this season. Nixon scored his career high of 17 points, shooting five-for-seven from the field and three-for-three from three against UNLV.

According to Nixon, Haws is the leader on the court everyone looks up to, especially with Childs out with a finger injury.

“I think TJ in most ways has been able to step up with Yoeli off the court. Obviously, we have a lot of seniors, and each of us in one way or another is going to step up and fill a void in there with Yoeli gone,” Nixon said. “But I think TJ has a unique ability, especially being a point guard, to control the team and to really help everyone out.”

Seljaas also contributes his share to the team, averaging 7.1 points off the bench. Last week versus Portland, Seljaas scored 21 points — the most he’s scored since his freshman year in a game against Central Michigan.

After the San Diego game on Jan. 16, head coach Mark Pope had only compliments for Seljaas’ enthusiasm and leadership on the court.

“I’m going back to the same guys. I’m a broken record,” Pope said. “This Zac Seljaas, how fun is he? You see him run

back on defense and he’s clapping his hands and gritting his teeth.”

Junior Alex Barcello adds his own specialties to the starting lineup, bringing in on average 9.9 points per game. Barcello transferred from the University of Arizona where he got a waiver from the NCAA to play this season rather than waiting a year.

Sophomore forward Kolby Lee has also contributed to the team in Childs’ absence. As Childs’ replacement, he averages 10.5 points per game. On Jan. 16, Lee shocked the crowd, scoring a career-high 21 points with five rebounds. Lee also shot 100% from both the field and three.

Haws has been impressed with how the team, especially Lee, has stepped up to the basket.

“Everyone’s had to step up,” Haws said. “Our big guys in general have really done a great job. Kolby has stepped up. He’s shot the ball extremely well. Dalton stepped up, Zac stepped up, everyone has had to pick up what Yoeli brings. Our guys have gotten rebounds, made shots, played extra minutes and it’s been great to see.”

Overall, the seniors control the court and set the mentality and attitude for the team. When talking about the matchup versus San Diego, Pope expressed gratitude for his veteran players, saying that his group of seniors helps the team keep their mentality even on days where things aren’t clicking. He said because of the maturity of his team, they are more receptive to his coaching.

“Maybe if I was here two years ago

talking to this same group when they were sophomores, they would look at me like, ‘This guy’s crazy. Man, we’re about to go out and win this game.’ But now, they just look at me like I’m a little bit crazy. That’s a real, real advantage that we have,” Pope said.

A focus for the coaching staff this year has been on shooting. The coaching staff emphasizes taking the best shot even it means passing up a good shot.

Three-point field goals may not seem important if the team is making its other shots, but for BYU, threes seem to make a big difference. When BYU scores 10 or more threes in a game, its record is 8-1, with the only loss being to Utah in overtime. The Cougars scored 12 threes that night. When BYU scores nine or fewer threes, its record is 6-4, with a close 76-71 loss to No. 7 San Diego State and an overtime loss to former Mountain West rival Boise State on its resume.

Greg Wrubell tweeted that the Ken Pomeroy rankings have BYU projected to win 10 of its final 11 WCC games, also giving BYU a 42% win probability against Gonzaga on Feb. 23. ESPN gives BYU a 35.9% chance to win the matchup against the Bulldogs — the highest win probability that any Gonzaga opponent has for the remainder of the season. BYU is trending towards a berth in the NCAA tournament for the first time since the 2014-15 season, and the Cougars are in good hands with its senior leadership combining for 65.3% of BYU’s total points on the season.



Preston Crawley

Jake Toolson scans the court during BYU’s 93-70 blowout win over San Diego.

Wil and Jon Stanley bring brotherhood to BYU volleyball

By HANNAH MINER

Senior setter Wil Stanley is embarking on his final season with BYU volleyball, and his brother, Jon, joined him for the first and final time.

Wil and Jon grew up in Hawaii as part of a volleyball family. Their dad, Jon, also played volleyball for BYU, and their older brother, Clay, played for Hawaii before joining Team USA in the 2004, 2008 and 2012 Olympics.

“Growing up in my family, there was always a volleyball around. My mom played, my dad played, everybody in my family played,” Jon said.

The sport kept the family close.

Despite Wil and Jon being just two years apart, they never played on a team together growing up. Both boys attended the same elementary school, but then split up and attended different middle and high schools. They each started for four years on their respective high school teams. Although the brothers never played on the same team growing up, they practiced together frequently.

“Whenever we were at home, we would go out in the backyard, and we would play one-on-one volleyball,” Wil said. “I always knew that if I wanted to go play volleyball, Jon would always want to go play. That was probably the biggest thing for us.”

The brothers played for different teams but for the same club growing up, so they spent hours at the same gym. Wil would have practice for two hours, and Jon’s practice would begin right afterward. While they played different positions, Jon was still able to learn a lot from watching his brother. Serving, playing defense and even blocking were just some of his skills that were influenced by Wil.

“Watching my brother play always made me want to get better, because I was like, ‘wow, he’s amazing. He’s so cool. I want to be able to do that,’” Jon said. “That set the standard for me as well, just because we’re so close in age that if he can do that, I can do it better.”

The brothers finally have the opportunity to play on the court together as part of the same team.

“You know, it’s a path that they’re going through together, but they’re also going through it individually. It’s exciting to see,” said coach Shawn Olmstead.

Their individual journeys are influenced by each other’s presence. Coach Olmstead said Wil’s experience at BYU has enabled him to be a mentor for his younger brother.

Wil has been a leader during his years on the team, and now Jon gets to find his own path.

“He comes to me whenever he needs some advice, and I feel like I talk to

him about stuff — we talk to each other about stuff that we don’t talk to any of our other teammates about. I feel like that strengthens our bond on the court,” Wil said. “We can trust each other.”

It’s easier for Wil to help Jon improve because of their brotherhood and trust for one another. Jon added that Wil always supports him and tries to help him improve, both on and off the court, even it means constructive criticism in a loving, brotherly-blunt tone.

During their first BYU game together on Jan. 10, Jon scored an ace, which was an exciting moment for both players. Jon said he credits his opportunity to play to Wil’s support and encouragement.

“When I went in for the first time and we got our first point, we just screamed at each other like ‘Yes, we did it! We made it!’” Jon said.

Wil explained that his reaction to Jon’s ace was not because of the point earned, but because he was getting to watch his brother on the court — playing volleyball at a higher level.

“I’m really happy that he’s there always looking out for me and knowing that I’m able to be on the court right there is the best feeling ever,” Jon said. “I honestly wouldn’t change it for the world, just being able to play on the court with my brother, especially at BYU.”

Wil said he is most excited for senior night as time moves forward in his final season as a collegiate athlete. He

said he can’t wait to share the court with Jon and with their family in attendance on April 2.



Hannah Miner

Wil Stanley, left, and his brother Jon Stanley, right, during BYU’s game against Penn State.

BYU women's basketball coach Judkins captures 400th win and counting

By ANNEKA CUSICK

Head coach Jeff Judkins reached an impressive career landmark win after 19 seasons with BYU women's basketball — No. 400.

Judkins is BYU basketball's winningest coach, men's or women's. He has held the title of winningest women's basketball coach since Jan. 12, 2012, when he reached 220 wins.

The Salt Lake City native began coaching at BYU in 2000 as an assistant coach following a five-year stint in the NBA.

The next year he took over as head coach and has stayed with the Cougars since.

Judkins has three conference regular-season titles and four conference tournament championships under his belt with the Cougars. He has coached six All-Americans, seven conference players of the year, four defensive players of the year and 54 all conference players.

The Cougars have seen the impact of Judkins coming off a 26-7 record in the 2018-19 season, in addition to the WCC Tournament title and a second-round run in the NCAA

Tournament.

The players have developed a deep respect and friendship with the coach, with many referencing his tedious film breakdown and confidence boosting practices.

“He takes a lot of time and preparation with film and makes sure that we write up everyone's tendencies before each game,” senior Shalae Salmon said. “Coach takes a lot of preparation with the on-court stuff, making sure that we know what each player does.”

Judkins has worked extensively to establish a solid team



Jaren Wilkey/BYU Photo

BYU women's head basketball coach Jeff Judkins celebrates winning the West Coast Conference championship in March 2019. Judkins recently passed 400 career wins.

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who can perform to its highest potential. He pulls players aside daily to have one-on-one talks about what they can focus on and what they are excelling in.

“He wants to make sure we play like we practice,” Salmon said.

Senior Brenna Chase Drollinger said the atmosphere at practice centers around hard work and a smooth play. The Cougars play every game hoping to mimic easy flowing practices with high aggression.

The team credits determination and incredible team unity among players and coaches for their successful past two seasons.

Intensity is the most commonly used word among

players when describing the coach's philosophy and demeanor as a head coach.

“He is a very intense coach. He tells you what you need to do, but he also gives you the confidence to do it,” Drollinger said. “He gives good pregame talks and prepares us super well so that we know what to expect. He expects that from us and holds us accountable.”

Seniors mentioned personal lessons learned about both life and basketball from Judkins that will stay with them long after their time at BYU. The coach prioritizes promoting confidence in his players both young and old.

Players develop throughout their time under coach Judkins from key learning

experiences as young team members early on in their college career.

“I think what it does is it gives them confidence. Then when they get more confidence, I can put them in more situations,” Judkins said.

Currently, the team is hoping to increase game attendance — particularly in the ROC section.

“One of my goals when I came to BYU was to average 3,500-4,000,” Judkins said. “Our next step is the students. We have some great students come and they are loud and it's a lot of fun.”

His legacy as BYU's winningest coach continues as BYU continues conference play to cap off the 2019–2020 season.

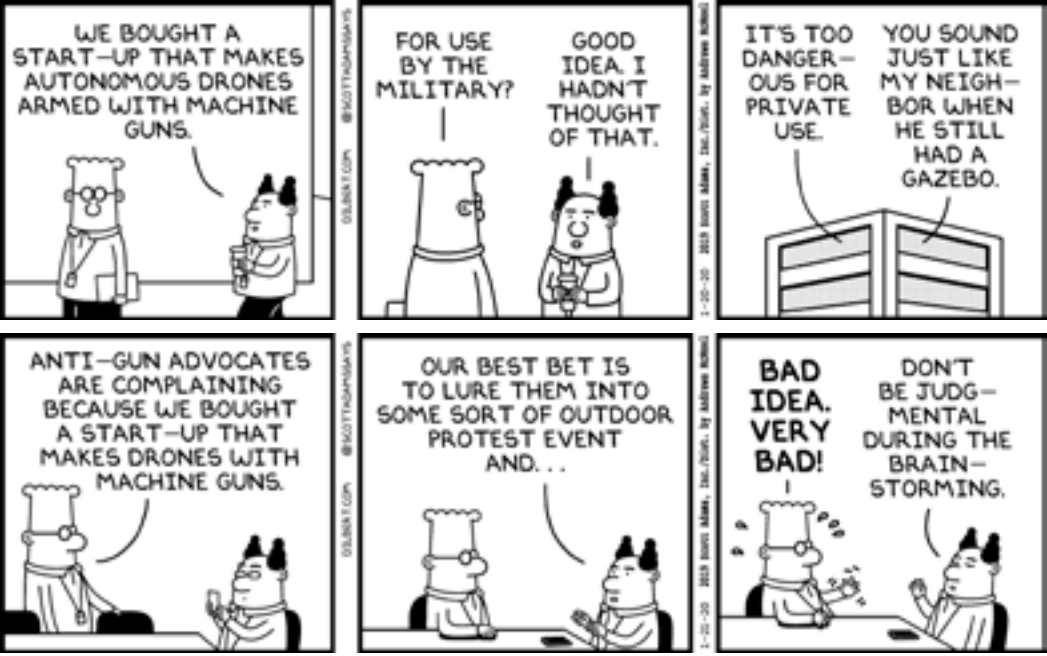
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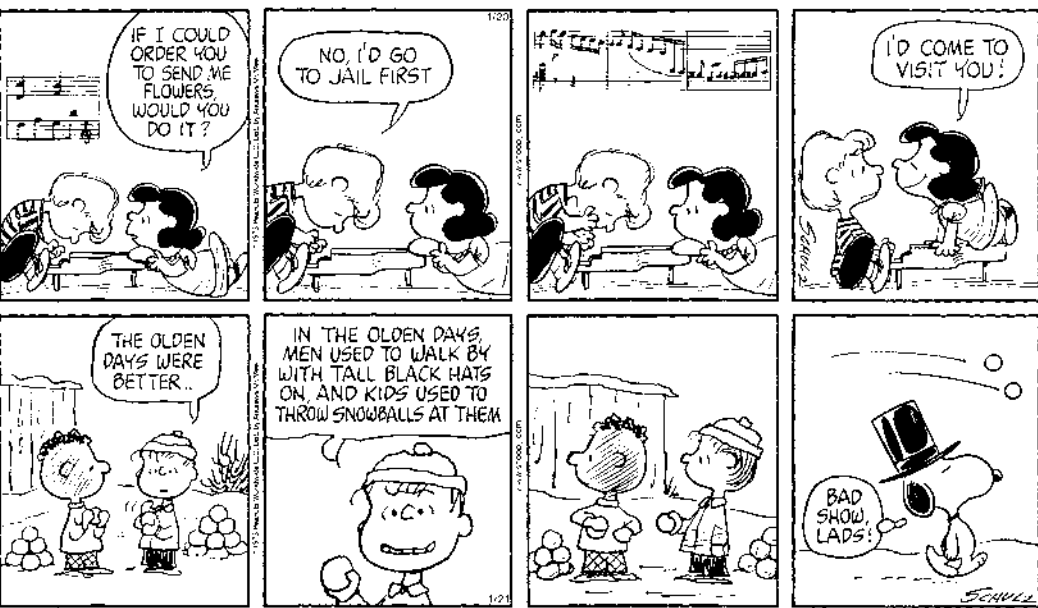


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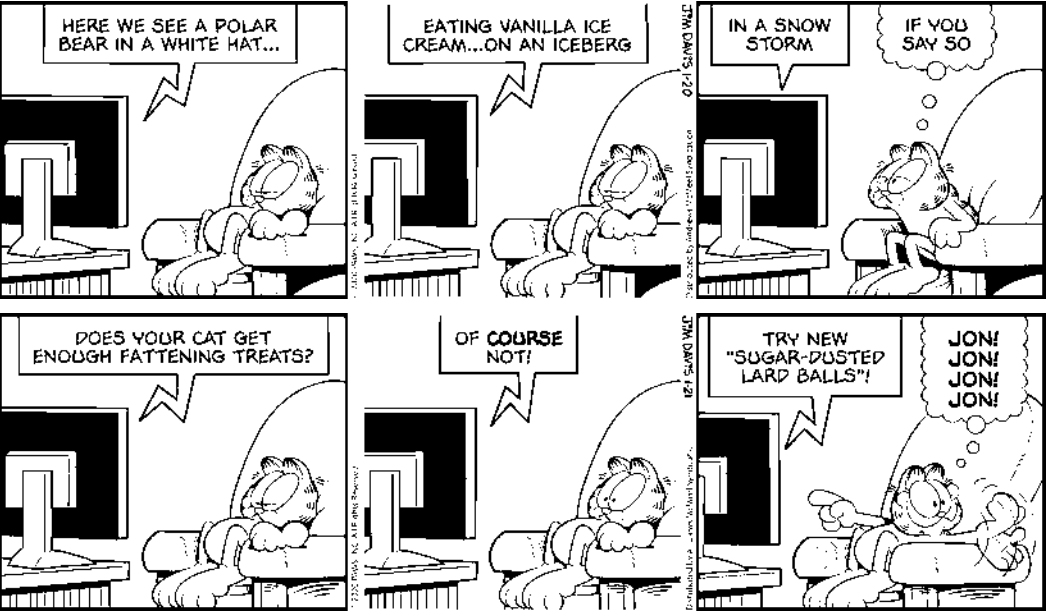
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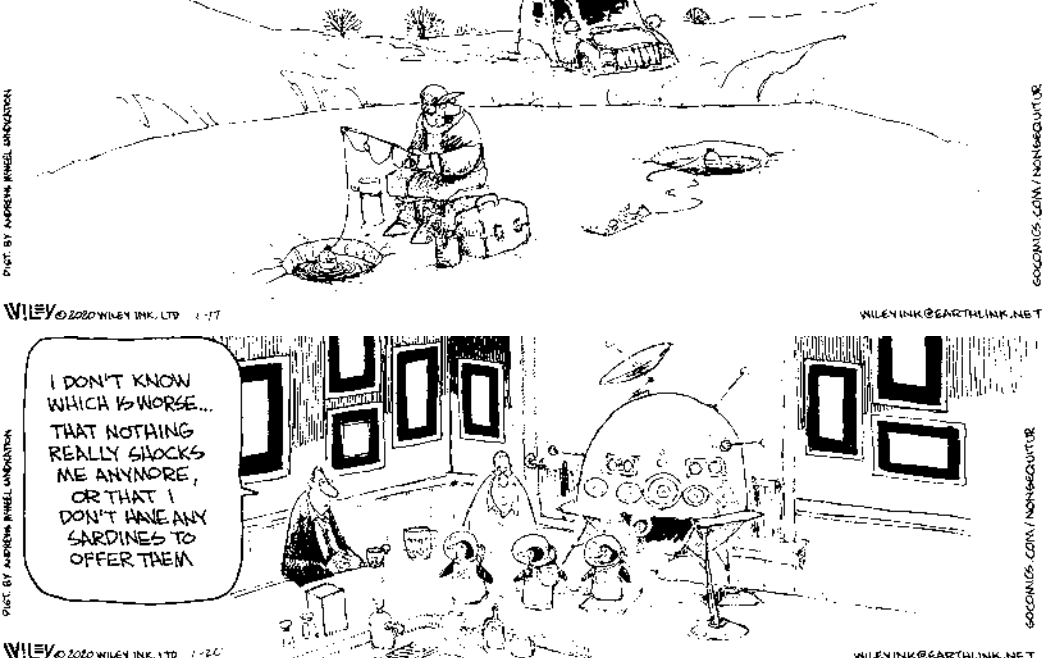
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Sudoku

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

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

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

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

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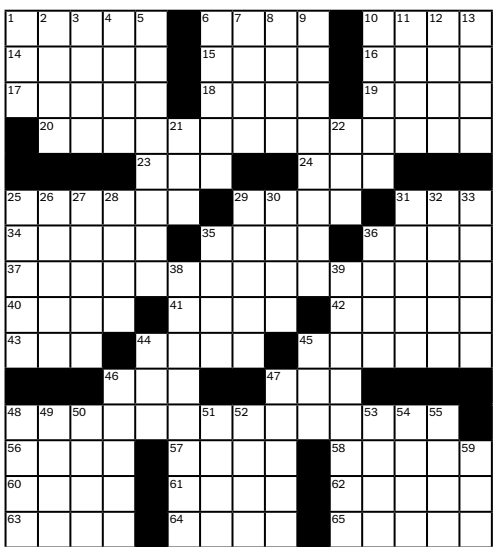
The New York Times Crossword

Edited by Will Shortz No. 1216

- ACROSS**
- 1 ___ hostel (inexpensive accommodations)
- 6 Err
- 10 McEntire of country music
- 14 Links legend Palmer, familiarly
- 15 Actor Epps of "House"
- 16 Wicked
- 17 Recurring Tyler Perry movie role
- 18 Miller ___ (low-calorie beer)
- 19 Hair on a horse or a lion
- 20 *Trilogy set in Middle-earth, with "The"
- 23 A.M.A. members
- 24 Candlemaker's supply
- 25 Nag, nag, nag
- 29 Unite
- 31 Banned insecticide
- 34 Early April zodiac sign
- 35 [Just like that, it's gone!]
- 36 Otherworldly glow
- 37 *Container for a Kellogg's cereal
- 40 Folk singer and protester Joan
- 41 Singer/songwriter Redding
- 42 Author Zora ___ Hurston
- 43 Cunning
- 44 Muscle pain
- 45 Is of use to
- 46 Wine barrel wood
- 47 One more than bi-
- 48 *Reputed place at the North Pole
- 56 "The ___ thickens"
- 57 Words before and after "or not" in a Shakespeare quote
- 58 Choreographer Alvin
- 60 Wander about
- DOWN**
- 1 Orange root vegetable
- 2 Kind of test whose answers can't be erased
- 3 Computer command to go back
- 4 Arena section
- 5 Physical expression of frustration, in modern lingo
- 6 Plays a round
- 7 Leave off, as the last letter in this clue
- 8 Words at a swearing-in ceremony
- 9 Amenity at most hotels and airports
- 10 Altered version of a song
- 11 "Dear ___ Hansen" (Broadway hit)
- 12 Google alternative
- 13 Pub offerings
- 21 Hockey Hall-of-Famer Bobby
- 22 Published
- 25 Nasty comments
- 26 Typeface alternative to Helvetica

ANSWER TO PREVIOUS PUZZLE

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



PUZZLE BY HOWARD BARKIN AND KEVIN CHRISTIAN

- 27 Unpredictable, in an unwanted way
- 28 "Unbelievable!"
- 29 Animated lead singer of the Pussycats
- 30 "My bad!"
- 31 Largest city in the United Arab Emirates
- 32 Wryly humorous
- 33 What the I.R.S. collects
- 35 The white stuff in an orange
- 36 Riding the waves
- 38 Jon Bon Jovi or Simon Le Bon
- 39 Make a mental image of
- 44 Grp. to call for a tow
- 45 Biblical boat
- 46 Furry swimmer
- 47 Poll finding, perhaps
- 48 Lively for one's age
- 49 Spiky plant with soothing juice
- 50 Celestial explosion
- 51 Created a tapestry
- 52 Slender woodwind
- 53 Ending with Capitol or Faith
- 54 Name of many Norwegian kings
- 55 ___ Noël (boss of 65-Across, in France)
- 59 Positive response

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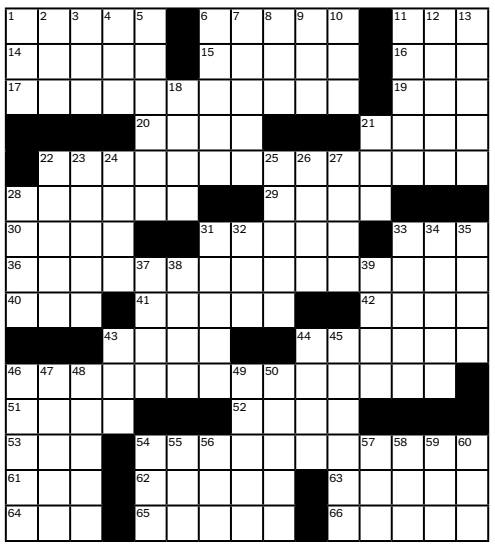
The New York Times Crossword

Edited by Will Shortz No. 1217

- ACROSS**
- 1 Boardroom easel display
- 6 Spanish beach
- 11 Sack
- 14 Film character about whom Tyler Perry said "I just don't want to be her age playing her"
- 15 Used a dinghy thingy
- 16 Part of Bennifer, once
- 17 ___xygen ___flu___ide
- 19 On vacation
- 20 Third piece of a three-piece
- 21 1813 battle site in the War of 1812
- 22 ___ax___d_iv_r
- 28 Awesomely tough
- 29 Bert who played the Cowardly Lion
- 30 Appearance of a comet, maybe
- 31 Horse and buggy users
- 33 Caution in a school zone
- 36 R_od___lsl_n___Red
- 40 Really binges (on)
- 41 Express viewpoints
- 42 Build up
- 43 "Smart" boy's name
- 44 Bunch at a fruit stand
- 46 ___ranklin D___no___oosevelt
- 51 Dirty pics
- 52 Fifth-century barbarians
- 53 Rug rat
- 54 ___rr_e___
- 61 Spanish eye
- 62 Kick out
- 63 First lady before Michelle
- 64 Detectives, for short
- 65 Books, informally
- 66 Pedicurist's board
- DOWN**
- 1 Modern food concern, for short
- 2 Totally cool
- 3 "Without further ___"
- 4 The "p" in m.p.g.
- 5 Divides evenly
- 6 Entertainer's crew
- 7 Stands the test of time
- 8 Where Che Guevara was born: Abbr.
- 9 Opposite of nay
- 10 Billboards, e.g.
- 11 One-named singer who once led the Sugarcubes
- 12 1966 Michael Caine title role
- 13 Errand runner
- 18 Prey for barracudas
- 21 Mess up
- 22 Wild no more
- 23 Bean sprouts?
- 24 ___ McNally (mapmaker)
- 25 Pizzeria order
- 26 Load of laundry
- 27 "Didn't think I'd run into you here!"
- 28 ___-chic (fashion style)
- 31 New Balance competitor
- 32 Browser option

ANSWER TO PREVIOUS PUZZLE

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



PUZZLE BY DAVID LEVINSON WILK

- 33 FaceTime alternative
- 34 Biblical outcast
- 35 Much of binary code
- 37 Lazy
- 38 Weapon used when saying "En garde!"
- 39 Land between Nigeria and Sudan
- 43 Without which earth is just "eh"?
- 44 Wilder who played Willy Wonka
- 45 Do some down-and-dirty fighting
- 46 Camera setting
- 47 Word derived from the Japanese for "picture writing"
- 48 Buicks and Bentleys
- 49 Ripped bit
- 50 Downtimes
- 54 ___ Highness
- 55 Firefighter's tool
- 56 Brewpub offering, for short
- 57 Cooke who sang "Twistin' the Night Away"
- 58 Like a pregnant woman at about 40 weeks
- 59 Bobby of the Boston Bruins
- 60 The "G" of L.G.B.T.

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