

Utahns protest social distancing measures, call for economy to reopen

By LISI MERKLEY

Utahns gathered outside the Salt Lake City and County Building Saturday, April 18 to protest government-mandated safety measures designed to curb the spread of COVID-19.

More than a thousand people showed up and voiced their concerns about continued social distancing measures they say are hurting their ability to work as well as the economy in general. Attendees also drove around the block honking their horns in support.

Originally there were two protests planned, but they were combined into one. The rally was advertised as the Salt Lake City Safe Business Rally/Revival hosted by the Facebook group Utah Business Revival. Attendees were encouraged to stay with their friends and family and stay seven feet away from other groups, but most congregated in a large group at the front of the rally. The event also suggested buying dinner at local restaurants to boost the economy.

Sandy resident Nate Lambert organized the other rally planned for the day. He originally asked people to drive their cars around the capitol building and honk their horns to show their support for opening businesses before he updated the Facebook event page to match that of the Utah Business Revival's rally.

Lambert said the rally was a huge success. "I think we sent a strong message to the governor, to the mayor of Salt Lake City and the mayor of Salt Lake County to end these quarantines and let Utah get back to work," he said.

Lambert started a Facebook page during the pandemic called "Let America Work!" that has about 2,500 members from across the nation who support easing social distancing measures.

"My goal is to gather all the business owners, to gather all the people that really don't think that the economy should be shut down over COVID-19 and get them to let these local government officials know that they're in pain," Lambert said.



Preston Crawley

Utahns protested on April 18 in Salt Lake City to support local businesses and show local government they hope to see COVID-19 restrictions lifted.

While Lambert said he believes the virus is real, he doesn't think the state should be shutting down the economy over it. He pointed out that many small business owners spent their whole lives building their businesses and now many are going out of business during the pandemic. Lambert is a business owner himself, and he said that's what drove him to organize the Facebook group and the rally. "I want to just be their champion and help support this cause to get Utah back to work

so we can save the economy," he said.

American Fork resident Jordan Gunderson attended the rally with his wife. He said they decided to attend because they own a small business that has been negatively affected by the measures to curb the pandemic, but the bigger reason they participated was to defend their rights.

"We believe that God has given us the rights that are enshrined in both the Declaration of Independence and the United States Constitution,"

Gundersen said. "Government is instituted to protect those rights, not government tells us when we can exercise our rights."

Many families also attended the rally. Bountiful resident Mike Brown brought his whole family because he hoped to show them the importance of standing up for their rights. He said his oldest son held a class for his Eagle Scout project last fall that taught community members about the Constitution and the five aspects of the First

Amendment. "Today we're standing up for at least three of those aspects of the first amendment," he said.

Brown also said he decided to attend the rally because of actions made by local officials in regard to social distancing measures. "The government doesn't have the right to restrict our rights even during a pandemic," Brown said. "Believe it or not, the founding fathers had plenty of viruses and things to deal with, so it's not a new thing."

Remembering that answers come by small and simple things

IF ANY OF YOU LACK WISDOM

Fourth in series

By CAROLINE RICHARDS

HUDDERSFIELD, England — Young adulthood is an exciting time of life — full of new experiences, opportunities and even questions. Elizabeth "Libs" Poole, a 30-year-old from northern England, had a vision for her young adulthood. But when things didn't go as planned, she started to have questions.

"It's not how I expected my life to pan out," Libs said. Over the years, she's watched many of her friends marry and have children and wondered when that time was going to come for her. "Sometimes we have this vision for ourselves that life is going to be different than how it is, and it can make you feel really low."

As she's tried to make the best out of her situation, Libs said she's experienced both highs and lows. "There have been times where I've felt it's been quite difficult and been a bit of a burden," she said.

Through it all, Libs kept things in perspective by remembering that "it's human nature that we go through peaks and troughs."

Although things in Libs' life haven't gone as planned, she's always had faith that God has a plan for her. During times of darkness and seasons of uncertainty, Libs has reflected on the times when she's felt God near her.

"If I feel alone ... I can look at those experiences and think 'I know I wasn't alone there, and I know that I have my Savior and my Heavenly Father,'" she said.

Through her search for answers to the questions weighing on her soul, Libs said she hasn't always felt Heavenly Father and Jesus Christ close to her. There have been times when she's needed to "get to work" and do things on her own. Yet through it all, she's kept the faith that They'll be there when she really needs Them.

Having grown up as a member of The Church of Jesus Christ of Latter-day Saints, Libs has always known deep down that she's been on the right path. "I had questions growing up, but I always knew it was true," she said. "Having that foundation of a strong testimony really helps for dark moments that come along."

Libs is not the only one who has experienced those dark moments. As a young boy living in upstate New York in 1820, Joseph Smith had moments of darkness as he wondered where he could find the truth he was desperately searching for. His prayers were answered as Heavenly Father and Jesus Christ appeared to Him in a vision, telling him that he would



Caroline Richards

Thirty-year-old Elizabeth Poole smiles after sharing her story about the importance of small and simple things. Scan the photo with the Universe Plus app to read a Spanish translation of this story.

be an instrument in restoring the Church of Jesus Christ to the earth. As the Church commemorates the

200th anniversary of Joseph Smith's First Vision, many members of the Church, including Libs, have reflected

on the prophet's experience. Libs' testimony of the gospel, however, did not come from a spectacular vision or a single monumental experience.

"I've not had any big crazy experiences," she said, "but I've had so many little things that could be really easy to discount."

Although small, these experiences have turned out to be very significant in the process of her conversion. "It's so important to remember those little things because they are the things that have built my testimony," she said. "If I forget them now, then I'm not really sure where I'd be without them."

If young adults are searching for answers to questions and are wondering how they might receive revelation, they can take heart in Libs' words: "Remember that it comes by small and simple things," she said. "It's OK if it's something really tiny, it's still just as meaningful as anything that might happen to anybody else that's this big, wonderful experience."

Libs and her family are faithful members of the Church in a place where many converts joined the Church in the 1800s and left their homes to go to America. As Libs reflected on those early Saints and the sacrifices they made, she said, "If they could do such a huge thing, then I can stay here and be faithful and true and hopefully make them feel proud; their sacrifice wasn't for nothing."

Next: *Enduring in the search for truth from Puerto Rico to New York*

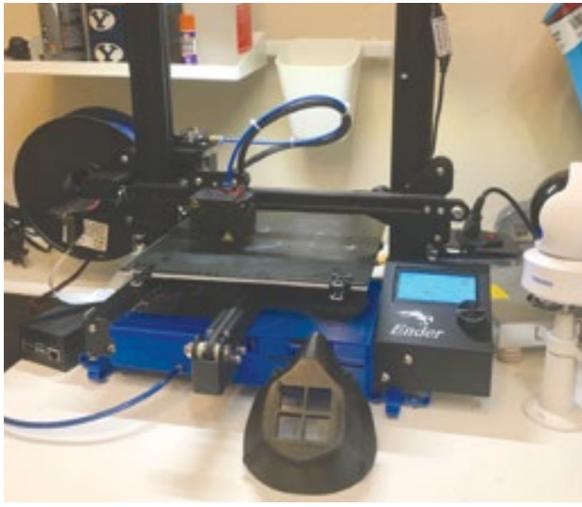
COVID-19 OUTBREAK

Finding the good in a pandemic



Ben Daniel/Photos by Associated Press

People around the world are showing their appreciation for healthcare workers on the front lines of the COVID-19 pandemic. This appreciation often takes the form of applauding workers during shift changes at major hospitals. In some cases communities organize formal appreciation events, in others it is simply members of the community cheering from their homes.



Devin McClellan

BYU has joined other organizations, including major corporations such as General Motors, in making medical supplies. BYU has been using its 3D printers to print masks.



Associated Press

A Hindu holy man feeds monkeys at Pashupatinath temple in Nepal. Guards, staff and volunteers are making sure animals on the temple grounds don't starve during the country's lockdown.



Associated Press

A message written in chalk says "If you're leaving, thank you, rest well" on a sidewalk at Ochsner Medical Center in New Orleans. Similar positive chalk messages have appeared around the contry.



Some Good News/YouTube

John Krasinski, an actor famous for his role in The Office, has started a YouTube channel that gives a weekly update of positive news from around the world during the pandemic.



Associated Press via Salt Lake Tribune
Rather than cancelling celebrations of major life events, many have taken on a drive-through model to comply with soical distancing guidelines.



Casey Collier

Even pandemics can't stop BYU students from dating. Students have found creative ways to date amid social distancing guidelines such as having a date over video chat as seen here.



Associated Press

99-year-old British war veteran Captain Tom Moore raised over \$16 million for Britain's National Health Service by walking 100 laps around his garden.

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Rick Bowmer

House Speaker Brad Wilson, R-Kaysville, bottom center, leads the Utah Legislature's virtual special session in nearly empty House chambers at the Utah State Capitol Thursday, April 16, in Salt Lake City.

Legislative special session targets governor's powers during state emergency

By MARINA MCNAIRY & DECKER WESTENBURG

Two new bills presented in the online Special Legislative Session would require the governor to converse with the legislative branch as well as a newly created Public Health and Economic Emergency Commission before declaring a state of emergency.

HB3005 would require the governor to consult with certain legislative branch officers at least 48 hours before declaring a state of emergency. The bill would also prohibit the governor from suspending the enforcement or application of certain provisions.

Rep. Francis Gibson, R-Mapleton, sponsored the bill. "The governor has the ability to move more swiftly than the 75 and 29 (state representatives and senators)," Gibson said. "I think there are instances where we need to be notified more than 20 minutes before a declaration comes out." Gibson said legislators have received notification as little as 15 minutes in

advance.

"It seems unnecessary. It seems like an overreach," said Rep. Merrill Nelson, R-Grantsville. Nelson said the office of governor is designed to respond to emergencies in a swift and timely manner. He worries the legislative branch is "overstepping" and it may be a "violation of that separation of powers our constitution enshrines."

Gibson said he isn't trying to take away the role of governor. "We are saying we are an equal yolk here," Gibson said. "Let's work together. Let's see if we can figure something out together."

The House voted 56-18 to pass HB3005.

Another bill presented in the virtual Senate meeting was SB3004. This bill would create the Public Health and Economic Emergency Commission. The commission would advise and make recommendations directly to the governor regarding Utah's response to the COVID-19 emergency.

Bill sponsor Sen. Daniel Hemmert, R-Orem, said the commission is purely advisory and that the governor is the final

decision maker. The governor also does not have to accept the commission's recommendations as a whole.

The governor would be required to either accept a recommendation from the committee or explain why he is not accepting it. If the governor adopts a recommendation by order, that would supersede any local order that is more restrictive than the governor's order.

"I did raise a concern to the sponsor about bringing underserved communities," said Sen. Luz Escamilla, D-Salt Lake City. "The data serves for itself that it is low income communities in color as COVID-19 positive in Utah."

Sen. Jani Iwamoto, D-Salt Lake City, said, "I think that it falls fully within the purview of their task to make sure they are looking at various communities that are impacted."

In response, Hemmert said if this commission failed to take into account the underserved, that would be dereliction of the effort.

The bill passed both the Senate and the House and was signed by the governor.

COVID-19 alters how families celebrate life events

By SYDNEE GONZALEZ

Shari Heywood's original plans for her mother's 90th birthday celebration included a large gathering of friends and family at her mother's senior living community in Highland, Utah, her mom's favorite flowers, a photo slideshow and a playlist of '50s music.

That all changed with the COVID-19 pandemic. Highland Glen — where Heywood's mother, Colleen Pyne, lives — began to limit visitors as a precaution to protect its residents.

Cautionary measures like these are forcing people across the world to forgo or adapt major live celebrations like birthdays, weddings, baby showers and graduations.

With four days until the celebration, Heywood and her family scrambled to find another location for the party and ended up reserving their local church building. The night before the party, Heywood received an email from Highland Glen announcing the facilities were on lockdown. No one could go in or out except for medical necessities.

Heywood's daughter, Alex Wright, said the news was a hard blow for the family.

"My mom was devastated," Wright said. "All my mom wanted was a day to celebrate her mother with all of the people who love Grandma Pyne the most." Heywood herself did not respond to the Daily Universe's attempts to contact her.

Until recently, Pyne lived in southern California. Wright said Pyne's dementia has worsened and that "the transition from California to Utah has been confusing, scary and a bit lonely at times."

Wright said her mother had put so much time and effort into planning the celebration that she felt it was too late to cancel. The family eventually made the decision to move forward with the party, even



Alex Wright

Colleen Pyne, left, and her daughter, Shari Heywood, at Highland Glen in Highland, Utah.

though it meant Pyne herself wouldn't be able to attend.

Heywood went to the nursing home the morning of the party. "They agreed to let her in after a lot of pleading and swabbing her temperature," Wright said.

Heywood stayed with her mother for 12 hours to help lift her spirits and keep her company, eventually missing out on attending the party she had planned. Wright said Heywood helped Pyne FaceTime so she could see the party.

According to Wright, after Pyne and Heywood hung up the FaceTime, Pyne kept asking "How can we get there? Can we go there?" Wright said her mom tried not to cry as she explained they wouldn't be able to go.

"Grandma's memory has gotten worse over the years, and she doesn't recognize a lot of her grandkids and old friends. So while she didn't necessarily know that she was missing anything, it was very hard for all of her family members — especially those who hadn't seen her in a long time," said Wright.

Despite the change of plans,

Wright said the celebration was a positive experience.

"In the grand scheme of things, we were lucky to get to have the party at all," Wright said. "It ended up being a really lovely day to be together and celebrate Grandma. It was a bit of a reunion for a lot of my cousins, and it was so fun to look at old pictures of us when we were little at Grandma's beautiful southern California home."

Her brother, Austin Heywood, set up a camera so family members could record happy birthday messages for Pyne. "So far we haven't been able to visit her to show her the messages, but look forward to the day when we can," Wright said.

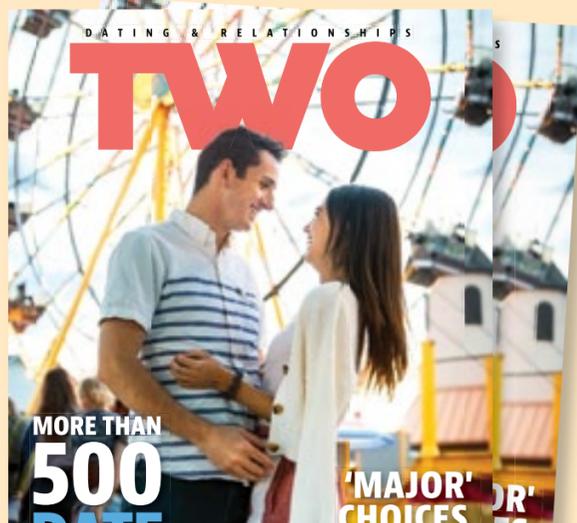
She added that she and her family are grateful Highland Glen is taking precautions to keep Pyne and other residents safe.

"This crazy time has forced us to have some perspective on a lot of little things, like the stresses of planning a 90th birthday party. What matters the most now is doing everything we can to keep the people who are at risk safe," Wright said.

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Giving blood during a pandemic

By EMILY ANDERSEN

Editor's note: Daily Universe reporter Emily Andersen gave blood on Tuesday, April 7. The American Red Cross routinely seeks volunteers for blood donations and states on its website that giving blood is still safe during the pandemic.

I left my apartment a half-hour early, even though Google said the Orem Red Cross blood donation center would only take me seven minutes to get to. I was nervous, and as I drove I tapped my fingers on the steering wheel. I had never given blood before. A few years ago I donated plasma at one of those places that gives you money every time you come in, but after trying it twice and almost fainting both times, I didn't go back.

I told myself that this was going to be different. First, I'm not as tiny as I was when I was barely 18, and I'd had a good breakfast, so I figured I didn't need to worry about fainting. Second, blood donation was more important now than ever, with COVID-19 and everything going on, so I could feel good about performing a much-needed service.

As it turns out, neither of those assurances were completely true.

Immediately upon walking through the door, I was given hand sanitizer and told to hold a thermometer under my tongue. After verifying that I was fever-free, the young man at the door asked if I had an appointment, as the Red Cross is no longer accepting walk-ins. I told him I did, although I'd had a hard time getting it.

There hadn't been any available appointments for whole blood donation for the next several weeks, so after searching for a time I was available, I had signed up to donate platelets, which is a bit more intense than regular blood donation. During the platelet donation, blood is drawn from one arm, then a machine extracts the platelets from blood before returning the remaining blood components back to the other arm.



Emily Andersen

Daily Universe reporter Emily Andersen donates blood.

A young man, whose name tag read "Stephen," came over to check me in. After seeing the kind of donation I had signed up for, he asked if I had donated platelets before. I told him I hadn't and that I had never even donated blood before. After explaining to me that the platelet donation was a two-hour process in which I wouldn't be able to move either of my arms, Stephen asked if I'd prefer to do a regular whole blood donation since this would be my first time. I agreed that was probably a better idea.

The check-in process involved a lot more hand sanitizer — I was offered some after touching anything that wasn't my own body, such as the computer on which I signed my name. Stephen then directed me to a chair, and after taking a minute to find the best vein, hooked me up to the machine.

For the first few minutes, I asked Stephen about how the

donation process has changed since the outbreak of COVID-19. He told me that at first there was a flood of people coming in to donate, mostly because all of the blood drives had been cancelled. Then after the donation center stopped accepting walk-ins, the donations went back to a normal volume, though it is evident from how steadily booked the center is that a lot of people want to help out.

During the time I was there, two different women in masks entered to ask if the center was taking walk-ins. Stephen also mentioned that the demand for blood has actually gone down recently, due to the cancellation of all non-essential surgeries and the fact that with everyone being cooped up in their homes, not as many people are having accidents that leave them severely injured.

Of course, there is always a constant need for blood

donations, as is emphasized on the Red Cross website. They've dedicated a page on the site to COVID-19 and how it's affecting blood donation, saying, "In times of crisis, the Red Cross is fortunate to witness the best of humanity as people roll up a sleeve to help those in need. We greatly appreciate the generosity of the public to keep hospital shelves stocked during this uncertain time."

I learned a lot from my conversation with Stephen, but after a few minutes, I wasn't able to say much more. It would seem that regardless of how much weight I've gained or what I ate for breakfast, my body doesn't respond well to having blood taken. I managed to tell Stephen that I didn't feel well, and almost immediately I felt him pull the needle from my arm. Another woman brought me an apple juice while Stephen bandaged my arm. After resting a bit, I was able to walk over to the rest area, where I rested with my feet on a chair sipping juice for the next 10 or 15 minutes.

Luckily I never lost consciousness. After I started feeling better, Stephen assured me that they'd been able to get a full unit of blood before he'd removed the needle. I was surprised at how glad I was to hear that, and it reminded me of why I'd wanted to do this in the first place.

I grabbed a small bag of crackers from the table, and as I walked out to my car, I reflected on how I'd made a difference. Maybe there wasn't as big of a need as I had anticipated coming from COVID-19, but there are still always people who need my healthy blood. And though I was left with a slight feeling of dizziness, I remembered that it was nothing compared to what whoever would receive my blood was probably suffering.

According to the Red Cross website, approximately 36,000 units of blood are needed every day in the United States. I had just contributed one of those units. It was a satisfying feeling, knowing that I'm contributing to the general health of other Americans during this time of crisis. I encourage you to do the same.

Semester grade changes raise questions for future grad students

Pass/fail option creates concerns

By MARINA MCNAIRY

A pass/fail option was meant to alleviate academic stress during the quarantine adjustment period; however, BYU students are wondering if this option will affect them negatively during the grad school admissions process.

BYU sent an email on March 23 announcing a pass/fail option for Winter 2020 was instituted as an alternative to standard grade submissions. Students can now choose to keep the standard letter grade given by professors or move to a pass/fail option for each course.

Due to the high number of students reaching out to the Pre-Professional Advisement Center about the issue, advisors gathered current information about how the pass/fail might affect applications for professional schools.

According to the website advisors provided, pre-health students should keep in mind that medical schools still value grades over a pass/fail, particularly in prerequisite courses, and using the pass/fail option may hurt the student's chances when applying.

For law school applicants, the consequences of the pass/fail option are less intense, according to BYU Pre-Law Advisor Kris Tina Carlston. "One semester of pass/fail grades should have very little to any impact on your application."

Some pass/fail classes may not make as much of a difference on law applications because there are no prerequisites for applying to law school. However, Carlston said

it's better to aim for higher grades since there is a strong emphasis on grades and LSAT performance when it comes to evaluating students' applications.

While BYU journalism student Anna Bryner is grateful that BYU implemented the pass/fail option, she is hoping to avoid using it. This is the last semester that will go on Bryner's transcript when she applies to law school. Bryner expressed concern that if she uses a pass for certain classes, it would indicate she didn't receive the grade she hoped for.

"Although I've experienced the basic disruptions many students have, my personal disruptions haven't been enough to warrant a resort to the pass/fail option," Bryner said.

She said she's been working hard in school leading up to the pandemic, so she wants to get credit in a letter grade form for those efforts.

"It's nice to know that if my grades happened to tank, I wouldn't have to keep them," Bryner said. "Law schools would probably be fine if I accepted the pass/fail option, and that's probably a wise thing for potential law students to do who've been seriously disrupted by the pandemic. I just feel that in my particular situation, I might as well still try for the letter grades."

Bryner considered resorting to taking the pass/fail to have more time to study for the LSAT, but because the pandemic struck so close to the end of the semester, she decided she might as well just finish the semester strong.

If students have particular grad schools in mind, reaching out to them and asking how they will view these grades is encouraged. Advisors are available to answer questions through Zoom appointments through the Pre-Professional Advisement Center.

Church releases instructions for administering ordinances during pandemic

By ALICIA MATSUURA

The First Presidency released information on April 17 to provide guidance and resources in administering Church ordinances in a time of global disruption.

The two documents sent to leaders in The Church of Jesus Christ of Latter-day Saints outline administrative principles during these times of uncertainty. The letter from the First Presidency explains the Church's commitment to being "good citizens and good neighbors" as its members continue performing ordinances under present circumstances.

"Directions are enclosed for essential ordinances, blessings and other Church functions to guide leaders through the current crisis and the challenging days that are ahead," the letter says. "These documents are issued in response to the disruptions in Church procedures and member activities caused by the worldwide COVID-19 pandemic. They should provide guidance as long as this pandemic exists in a particular country or region. Other directions may be issued later."

The first document on administrative principles provides encouragement to leaders as they direct the Church in these challenging times.

"Amid difficult circumstances, the Church will proclaim fundamental principles and administer needed ordinances to bless Heavenly Father's children," the document says. "Whatever the time or circumstances, certain things are essential in the Lord's Church. These include sacred doctrine and ordinances."

The letter notes the importance of being good global citizens and says the Lord has prepared the Church for this time by counseling members to have food storage, teaching



Church Newsroom

Latter-day Saints in Star, Idaho, watch the Saturday afternoon session of the April 2020 General Conference and sustain leaders of the Church. The First Presidency has since released additional guidelines to help members continue to worship and serve in Church callings.

them about Sabbath day observance, introducing ministering, strengthening Melchizedek Priesthood quorums and Relief Societies and implementing home-centered gospel learning.

"The Lord will help us," the document says. "The power of the priesthood and the righteousness of members will help us go forward in days that are ahead."

The second document outlines the protocol for essential ordinances (baptisms, confirmations, priesthood ordinations and settings apart), priesthood blessings and ordinances (including the sacrament), Church meetings and service through ministering.

The rites of baptism, confirmation and priesthood ordination must be done in person and must receive approval from an authorized leader.

"The bishop or mission president or someone they designate

(who could be one of the witnesses) must observe and record the baptism and confirmation," the document says. "If necessary, the person granting the authorization may do so remotely using technology. Leaders, family, and friends may observe remotely using technology."

Blessings administering to the sick also require a physical touch of hands to the head. However, the document says, "after taking every necessary precaution, when conditions prohibit placing hands on a person's head, a prayer can be offered, including using technology. This is a prayer of faith and not a priesthood blessing. Anyone at any time may pray, fast or otherwise minister to others."

The sacrament can continue to be administered in homes as long as the local bishop authorizes priesthood holders in his

congregation to do so. In the circumstance when the sacrament is unavailable, the document says "members can be comforted by studying the sacrament prayers and recommitting to live the covenants members have made and praying for the day they will receive it in person, properly administered by the priesthood."

The Church also released an additional resource in its online newsroom highlighting information on patriarchal blessings, weddings, receptions, funerals, leadership meetings, bishopric and stake interviews, FSU conferences, missions and temple work. Until situations changed, these activities are not to be held in Church meetinghouses.

More information is available in the Church's newsroom article "Responding to COVID-19: Answers to Questions."

Church, partners launch initiative to make face masks for health workers

By KENZIE HOLBROOK

Latter-day Saint Charities, Intermountain Healthcare and University of Utah Health launched an initiative on April 17 to provide face masks for frontline health staff in the state of Utah.

The initiative, called ProjectProtect, will produce face shields, medical-grade masks and reusable isolation gowns to "provide our dedicated health care workers with the protection they deserve," according to the ProjectProtect website.

Dan Liljenquist, Intermountain Healthcare senior vice president and chief strategy officer, said the goal of the initiative is to provide 5 million medical-grade masks while asking the community to help.

"This is the largest ask for volunteers in our community since the 2002 Olympics," Liljenquist said.

Latter-day Saint Charities Director Sharon Eubank said she's very happy to be a part of the partnership.

"It's a unique solution to a problem that has probably never been seen," Eubank said.

Eubank said everyone wanting to volunteer needs to register on the ProjectProtect website. Once someone has registered, they will be directed to drive to a certain location, likely a Deseret Industries somewhere in the Wasatch Front, and pick up their kit.

The kits include special materials for protective masks, as well as instructions on how to assemble the masks.

"Here's something very critical and very productive

that each of us can do," Eubank said.

Jeremy J. Biggs, medical director for the University of Utah occupational medicine clinics, said that personal protective equipment (PPE) is what enables health care workers around the country to care for COVID-19 patients in a safe manner.

"We normally use about 2,800 masks in a day, and now we're using closer to 6,000 masks and that number will likely double or more when we hit this surge that we're anticipating," Biggs said.

Biggs described ProjectProtect as hope to a seemingly impossible situation. "ProjectProtect will literally put a life-saving barrier between us and COVID-19," he said.

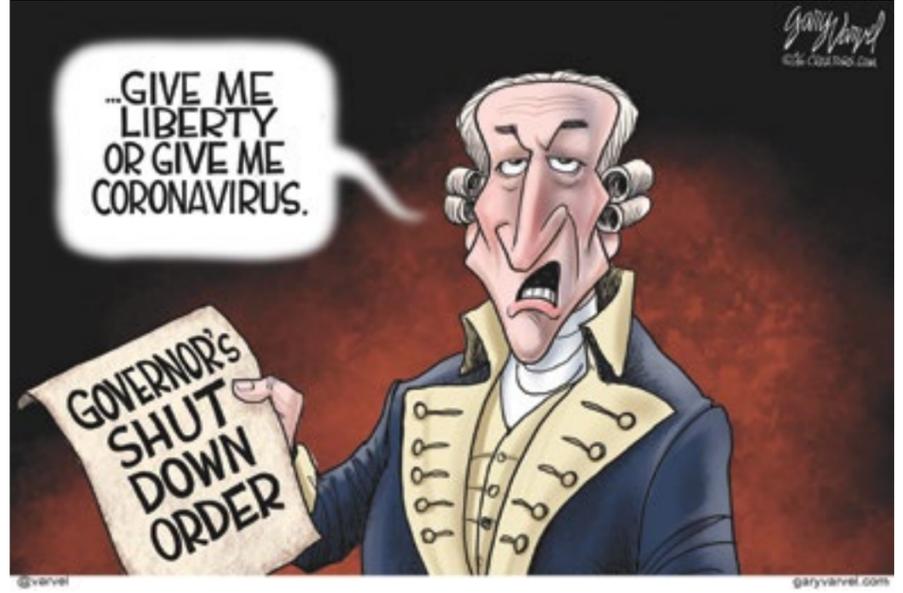
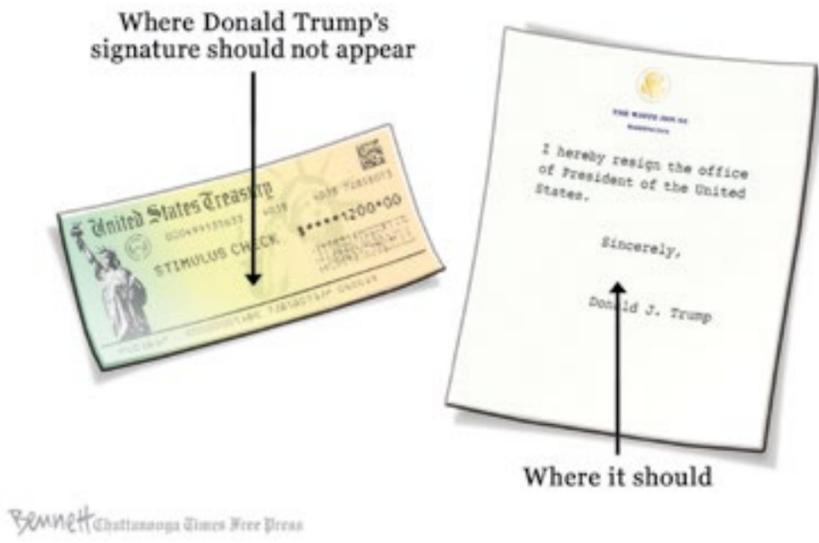
PGA Tour player Tony Finau from Salt Lake City, Utah said when this situation first started happening, the Tony Finau organization wanted to get involved in some way.

"We learned pretty quickly that we needed to help those on the front lines and the medical staff, the health specialists," Finau said. "I heard about this ProjectProtect initiative and I knew our foundation, we wanted to go all in."

Finau said he feels that it's of the utmost importance right now for the community to come together and take care of health care workers, who he describes as "true heroes."

"Those on the front lines are saving lives every single day, and I think we owe it to them as a community to do our part now," Finau said.

According to the ProjectProtect website, there have been 300 volunteers, 800 kits picked up and 30,000 masks made.



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

@SamandraExotic

Professor: test is open book, open notes. Me: is it open Google as well? @HeardAtBYU

@LdsMutual

always read bios or you might match with someone who's bio is "go follow my tiktok"

@nay_oh_mie

here's an actual thought I just had: "all the Nintendo switches are sold out. Maybe I should buy a printer instead?"

@diamondivities

You don't know true peace until you leave the byu buy/sell housing facebook page

@Beejohnie

Professor asks me what the point of my paper is girl idk I didn't read it you tell me

@ldsbishop

Remember when the church announced many years ago that meetings were suspended? Apparently that was only a month ago

@poetickate

my therapist: how are things in quarantine me: honestly, my tweets have been straight fire

@anika_wallace

boy id drive through construction in utah for you

@kends_t

At the beginning of working from home I said I would be out of my pajamas by 10 every morning. That...certainly was an idea.

@TheStakeClerk

The first person to implement social distancing was the Savior when he told Mary "Touch me not..."

@laneyOg

being a TA is all fun and games until it's time to get final grades in

@shelbyshiple_

Quarantine day ?? I've started writing poems on the notes app of my phone, an act I have not participated in since 2017. This does not bode well.

@theGC_

Shall I compare thee to a hot n' spicy McChicken?

@Devinrios23

Quarantine made me understand why old people longingly look out their windows.

@mormcore

Hey, uh, I just wondered if, maybe, after the stake dance, uh, you want to come over and watch a movie? I was thinking about renting Hot Rod, haha. My parents have some Martinelli's from New Years left over, they said I could have it, uh, haha, no worries if you don't want to

@mlehyde

"I hope you're as dedicated to your future husband someday as you are to the MCAT right now" - fellow premed student to me @HeardAtBYU

@robbypeckham

@byu_cosmo is so humble he probably won't even say anything after becoming national champion of mascots. Some might say he is "speechless"

@JoshwahFlake

"Maybe when this quarantine is over I can flex in the student gym with my samsung galaxy buds" @HeardAtBYU

Tweets are unedited.

READERS' FORUM

A worthwhile education

We go to school every day, for years on end, with the intent of receiving an education. We have an innate desire to learn. However, are the educational systems really teaching us what we need to know?

Students are bombarded with facts, ideas, opinions, numbers and so much more, but can still leave the school day feeling like they took nothing out. An article produced by Lory Hough at the Graduate School of Education at Harvard University spoke on these topics.

She quotes in her article: "The hard fact is that our minds hold on only to the knowledge we have occasion to use in some corner of our lives. ... Overwhelmingly, knowledge unused is forgotten. It's gone." If we so easily forget unused knowledge, why then must we force students to sit through hours of facts, rather than teach them the valuable, useful knowledge such as money management, family strengthening technics and so forth.

It is not necessary to cut out the math, or history or any subject for that matter; however, these subjects should be tailored to take away meaningful life lessons that can be used on a daily basis as to not lose the valuable knowledge gained through education.

—Shaelyn Bundy Modesto, California

A disruptive time

This has been a challenging time for many. Normal life has been shaken up and we are learning how to cope; however, we have the hope that with time, things will return to how they were before.

Sadly, there are many who have lost that hope. Students all across Utah have been given the news that school will be taught remotely online. I think of the seniors who won't have the chance to return to their normal lives when this all "blows over". For them, life will never be the same. For all of this time "real life" was looming

—Editorial Board The Washington Post

Protect the November election

Voting should not require risking your health, or your life.

With COVID-19 very unlikely to be gone by November, going to election sites — either as a voter or a poll worker — might not feel like it's worth the risk to many Americans, especially those in densely populated areas or from vulnerable groups.

State and national lawmakers need to be hustling now to install

—Editorial Board The Washington Post

somewhere past their last game, past their last performance or on the other side of a senior banquet and graduation. Now, it's all disappeared. "Real life" is suddenly around the corner and change is imminent. Friends move away, pressures increase and expectations change. All of these things are difficult to wrap your head around in a normal situation. I can't imagine what it would be to deal with them on top of all of the COVID-19 concerns.

Try to be understanding as these young adults come to grips with what has just happened. Lend a listening ear and offer hope.

—Liany Holdsworth Orem, Utah

Effective communication

It has been said that knowledge is power and modern-day America heavily buys into this. Billions of dollars in time and resources are spent every year in educating young adults across the United States. Colleges and universities play a major role in our country's economy, politics, and culture. We rely on these institutions to properly prepare our future doctors and lawyers, teachers and counselors, scientists and engineers. How effective are our colleges at shaping the future leaders of America? They may not be as effective as you would hope.

While our higher education system does well at presenting information, its greatest weakness is its ineffectiveness at teaching students to efficiently communicate. Effective communication, the ability to relate to someone else and form a relationship with that person, is a crucial skill that too many of our graduating college students lack.

This weakness in our college students is a driving force behind many of social problems we are seeing today. And until our colleges and universities learn to teach these necessary communicative skills, our country will continue to see the social and political problems that currently plague our society.

—Noah Quist Santaquin, Utah

OPINION OUTPOST

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

Learning setbacks

The learning losses that are likely to result from more than 50 million children in the United States being shut out of school for weeks or months because of the coronavirus pandemic could well be catastrophic by comparison.

Researchers found that full-time virtual public charter schools performed worse than traditional public schools in most states and showed weaker academic gains for all demographic subgroups of students. Moreover, the data suggest that students tend to become disengaged from virtual schools, leaving them quickly.

—Editorial Board The New York Times

HB3005 bill

HB3005 passed the House by a 56-18 margin Thursday, Apr 16. It requires the governor to give legislative leaders of both parties at least 48 hours notice before issuing an executive order or declaring an emergency in connection with a pandemic or epidemic.

The first problem is that the bill may be an unconstitutional infringement by the legislative branch into the executive branch. The second is that it aims to solve a problem that doesn't exist.

Certainly, the governor ought to consult with legislative leaders in a timely manner, just as he consults with many others. Cooperation is important.

But Utah has done well in its response to the pandemic. The current process serves the people competently. There is no need to unnecessarily confuse matters.

—Editorial Board Deseret News

Pro-wrestling

Professional wrestling is an "essential" business in Florida, according to Gov. Ron DeSantis, meaning the sport supposedly is so important to the life and culture of the state that it should resume operations despite a statewide shutdown due to the COVID-19 pandemic, which has killed hundreds of Floridians and is projected to claim more than 6,000 by August.

After all, people sheltering at home need some fresh TV content, and besides, WrestleMania and other events put on by World Wrestling Entertainment stand to make a lot of money even playing to empty seats.

—Editorial Board The Los Angeles Times

Religious services

The constitution's First Amendment confers religious liberty; it is not a license to kill or

even to put the faithful at exceptional risk of harm. The large majority of U.S. faith leaders concur and have acted accordingly, by canceling in-person worship during the pandemic. The handful who have defied state and local edicts prohibiting large gatherings imperil not only their followers but also everyone in their communities.

That is an unacceptable affront to public health — and to morality.

—Editorial Board The Washington Post

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.

Family ties inspire BYU soccer star

By ELISA HUHEM

Cameron Jolley stole the ball and lofted a pass down the pitch with almost no time left on the clock. He fought harder this time, knowing he was not just representing himself; he was also representing his family.

He caught a glimpse of the white tape around his wrist that covered a bracelet he had made from his youngest sister's soccer jersey — the jersey she wore during her last soccer season before unexpectedly passing away.

In the summer of 2016, Jolley's family changed overnight. Jolley and his younger brother Aaron were attending their first day of BYU soccer camp when the news came that their youngest sister, Hannah, was in the hospital.

A few days prior, Hannah started showing symptoms typical of the flu, but her condition quickly worsened. Doctors at Utah Valley Hospital quickly diagnosed her with a bacterial infection. She was then flown to Primary Children's Hospital, where doctors determined that Hannah had Hemolytic Uremic Syndrome, a disease that destroys red blood cells.

When Cameron's parents realized that Hannah was not going to survive the illness, his family gathered together to say their final goodbyes. They said a prayer together before 8-year-old Hannah was taken off life support and passed away in her mother's arms.

Cameron recalled being overwhelmed with emotions on his way home from the hospital.

"I remember getting home around 3 a.m. not knowing what to do, but what I did know was that I wanted to continue to play soccer and get my mind off things," Cameron said. He woke up three hours later at 6 a.m. and went



Cameron Jolley

Cameron Jolley protects the ball from a defender. The tape wrapper around the bracelet he wears in memory of his sister can be seen on his left wrist.

straight back to the BYU soccer camp.

"When your life is suddenly turned upside-down, I guess playing soccer was the one normal thing that they had to hang on to," said Cameron's mom, Melissa Jolley.

Being able to play soccer helped

Cameron and his entire family cope with losing Hannah. They found ways, big and small, to keep her close. One of the ways was to turn little pieces of Hannah's purple soccer jersey into bracelets to wear in her honor. Jolley wore his bracelet every single day and

would cover it up with white tape so that he could wear it during his games.

When Jolley got called to serve a full-time mission for The Church of Jesus Christ of Latter-day Saints in South Africa, he moved the bracelet from his wrist to his ankle and wore it every

single day of his mission. He still wears the white tape on his wrist for games in memory of Hannah.

"I remember her energy and her passion that she had for soccer and I want to replicate that every time I step on the field," Jolley said. "I want to remember how hard she played no matter if they were losing or winning. That is what she exemplified."

Cameron's family-inspired resiliency and determination have helped him to excel as a center back on one of the country's top men's soccer programs.

"Cameron has a deep passion for the sport that allows him to push past most boundaries that hold others back," BYU men's soccer head coach Brandon Gilliam said, "He plays fearless and would always give everything to defend with his life. He's a quality attacking player but a defensive player by heart."

Gilliam said that while nothing in life can ever fill the gap or prepare someone for such a moment, he has seen soccer help Cameron find meaning and purpose. For the Jolley family, soccer has been as constant as the family's faith. Not only does playing the sport itself give Cameron strength, but the environment it provides has also helped immensely. He describes it as a home away from home.

"There is a really good team culture. It's a brotherhood," Jolley said. "Everyone gets along with each other. We are competitive, but we don't let it get in the way. We are brothers on and off the field. We care about each other."

Jolley and his teammates also care about winning, and the Cougars win at a high level. Yet, the victories alone do not define Cameron or his contributions.

"Cameron and his family are special people," Gilliam said. "They represent all that we are at BYU Soccer."

Cosmo wins the SiriusXM Mascot National Championship



Preston Crawley

Cosmo walks towards the ROC in a Feb. 8 game against the University of San Francisco. Amid, some controversy, Cosmo recently won the SiriusXM mascot national championship.

By SYDNEY FLEMING

The SiriusXM College Sports Best Mascot Bracket finally came to an end on April 17 with BYU's Cosmo pulling out the win over Western Kentucky's Big Red.

Cosmo's journey to the national championship was one of a true underdog. BYU's beloved mascot wasn't included in the first version of the bracket, but after some uproar from Cougar fans, the account allowed BYU to participate in a play-in game against Boston College. Cosmo won 87.8% of the votes.

BYU's first game was against the

No. 1 seed Duke Blue Devils. The seeding didn't scare away loyal BYU fans as the Cougars won 84.6% of the 12,000 votes in a first round upset. Round two didn't seem much harder for BYU since the Cougars beat No. 8 Maryland with 65% of the votes.

The Cougars then entered the Sweet 16, facing off against No. 2 Michigan State's Sparty. This round was harder for the Cougars, as Cosmo trailed Sparty for the majority of the poll. Cosmo eventually broke away from his competition in the finishing stretch by winning 58.1% of the 15,000 votes. Cosmo continued to eat his competition, taking on No. 10 Penn State's Nittany Lion. BYU scraped by with 51% of the 37,000 votes in the

catfight, advancing to the Final Four of the mascot bracket.

The Final Four matchup was a battle between Cosmo and Wisconsin's Bucky Badger. BYU eventually took the win with 53.8% of the votes, but the result came down to the last hour of voting. The Cougars were down again but managed to make the comeback for the win in typical BYU fashion. The memes that came out of the win may have been more popular than the poll itself.

BYU football played Wisconsin in 2018 and just like the poll, upset the No. 6 Badgers after Wisconsin's kicker missed the field goal. Cougar fans and players trolled Wisconsin after the win, leaving a friendly

reminder what BYU is capable of.

The Cougars advanced to the Mascot National Championship in dramatic fashion, looking to face No.16 Western Kentucky's Big Red. After a couple days and 96,000 votes, BYU pulled off the victory with 51% of the votes, claiming the National Title for best college mascot.

But the Cougars weren't in the clear just yet. SiriusXM's College Sports account investigated the championship matchup after suspecting foul play by voters.

The investigation only lasted a few hours, and BYU fans were given the information they already knew — Cosmo is the best mascot in the nation.

Pair of golfers leaves Hawaii for Provo

By MITCHEL PHIPPS

Golfers Allysha Mae Mateo and Spencer Dunaway both found themselves leaving Hawaii to play their collegiate careers at BYU.

Mateo didn't start pursuing golf until she was 8. She remembers being signed up for group tennis lessons as a kid. It wasn't until a boy in her tennis group showed up with a shiny golf medal that she won in a tournament, which irritated Mateo, that she considered taking up golf.

She decided to switch her focus and began to take on golf with her father's help. Over time, she met Dunaway and the two teamed up for practices and training.

"Hawaii is kind of a small place, but we're from the same island," Dunaway said.

The first time that Mateo and Dunaway met was at the Asia Pacific Junior Cup, where Mateo and Dunaway were put on team Hawaii and played as partners against team Japan.

Team Hawaii would lose to Japan, but Dunaway recalled that he and Mateo played well and started their golf bond there.

Dunaway went on to receive many offers, but BYU, Arizona and Arizona State were on the top of his list. Though he received a lot of interest, it was BYU's recruiting trip that stood out among the rest.

"I had a lot of offers. But I just felt that BYU had the best program. When I was taking official visits, they offered to bring my mom up with me when other colleges recruiting me only were flying me up," Dunaway said.

Dunaway was impressed that BYU offered to fly him and his mom up for an official visit.

"My mom loved that. My mom loved how BYU was very family oriented, and she just fell in love with everything about Utah and BYU, and just really wanted me to come here," Dunaway said.

Before Dunaway signed his national letter of intent at the Asia Pacific Junior Cup, Mateo had never even heard about BYU.

Mateo later would do her research about the school and decide she was interested in pursuing her collegiate golf career at BYU. She reached out to coach Carrie Roberts about joining the women's golf team.

Mateo was given a spot, reuniting her and Dunaway on the course.

Dilbert®

SORRY, I NO LONGER SHAKE HANDS.

I CAN PRACTICALLY SEE THE VIRAL LOAD ON THAT FILTHY PAW OF YOURS.

YOU CAN'T "SEE" A VIRUS.

HEE-HEE THAT'S HOW WE GETCHA.

I'M WORKING AT HOME TO AVOID THE CORONAVIRUS.

I'LL HAVE TO STAY HERE 24 HOURS A DAY.

THAT'S TRAGIC.

I DON'T MIND. I MEANT TRAGIC FOR ME.

Peanuts®

WOODSTOCK WOULD HAVE MADE A LOUSY MOTH!

MY GRANDMOTHER IS QUITE A PHILOSOPHER..

YOU KNOW WHAT SHE SAYS ABOUT CHILDREN?

"WHEN THEY'RE YOUNG THEY STEP ON YOUR TOES... WHEN THEY GROW UP, THEY STEP ON YOUR HEART"

LOOK OUT, TOES!! LOOK OUT, HEART!!!

Garfield®

I HURT MY BACK...

BIG WHOOP

AND MY NECK...

WHATEVER

AND THE FINGER THAT OPERATES THE CAN OPENER

MEDIC!

HERE COMES THE SPIDER!

WHEN DID HE GET A SCOOTER?

Pickles®

I CAME ACROSS AN INSPIRING QUOTE THIS MORNING.

"IF TODAY YOU ARE A LITTLE BETTER THAN YESTERDAY, THEN THAT'S ENOUGH." DAVID A. BEDNAR.

AND THIS MORNING I PICKED UP A CHEERIO OFF THE FLOOR WITHOUT BEING ASKED.

YESTERDAY! WE'D JUST LEFT IT THERE.

I REPLACED THIS RAZOR BLADE YESTERDAY, AND NOW IT'S ALREADY DULL.

HAVE YOU BEEN USING IT TO SHAVE YOUR LEGS?

NOPE. I HAVEN'T.

I'VE BEEN USING IT TO PEEL CARROTS.

Non Sequitur®

PETEY! STOP!

PETEY... NO!

PETEY?!

FLAP! FLAP! FLAP!

SLAM

WHERE AM I? ...AND WHY DO I FEEL SO... SO... ODD?

COME, MY DEAR... THERE ARE SO MANY DOORS AND SO LITTLE TIME

Zits®

HOW LONG HAVE YOU HAD THAT TATTOO?

ABOUT A YEAR.

THE OLDEST STUFF IS AT THE BOTTOM, AND THEY GET NEWER AS YOU GO UP.

ARCHAEOLOGICALLY, I MAKE SENSE.

I'VE BEEN WANTING TO TALK ABOUT SOME REALLY PERSONAL STUFF BUT DIDN'T KNOW WHO TO TURN TO.

AND NOW I REALIZE THE PERSON IS RIGHT HERE IN THIS HOUSE!

READY?

YOU'RE OUT OF OLIVES.

Sudoku

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

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

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

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

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

The New York Times Crossword

Edited by Will Shortz No. 0316

ACROSS

- What cats clean themselves with
- Had on
- Feeling of anxiety
- ... vera gel
- Highest point
- "Congrats!"
- Junk pile
- Firm hand?
- Bones of the foot
- University sports org.
- Destiny
- Darth Vader's name as a boy
- Triple Crown winner of 1977
- Drummer Ringo
- "Have a ___" (request in a waiting room)
- Winnie-the-___
- Little rascal

35 Singer ___ Davis Jr.

39 "I'm deeply indebted" ... or a hint to the ends of 17-, 25-, 51- and 64-Across

43 British W.W. II weapons

44 "Uh-huh!"

45 Coup d'___

46 "If I may interject ..."

49 Undercoat used in sculpture

51 Power source for an electric vehicle

55 Dark loaf

58 Very light brown

59 "Heads will ___!"

60 Folklore monsters

62 Reminders of past fights

64 Easter event in Vatican City

66 Courtroom proceeding

67 And others, in a list

68 Pimples

69 Actress Field with Oscars

70 Word after club, cream or caustic

71 Illuminating gas

DOWN

- Macaroni or rigatoni
- ___ Highway (nearly 1,400-mile route that runs through Whitehorse, Yukon Territory)
- Disquieting
- Caribbean and Caspian
- When repeated, a trombone sound
- A warm welcome
- Blink or flinch, say
- Americans living abroad, informally
- Org. with a canine registry
- Texas, Louisiana, Mississippi, Alabama and Florida
- Perfect
- Rich German cake
- Out of alignment
- Leaning Tower city
- Pub pitiful
- Ireland, in poetry
- Toward sunrise

29 Bernard Malamud novel about a baseball phenom

31 Detectives, informally

32 Mel who played at the Polo Grounds

34 "You'll ___ for this!"

36 The Indianapolis 500, for one

37 Sport also known as cage fighting, in brief

38 Nonetheless

40 Tennis legend Arthur

41 Notepaper that's usually yellow

42 Intl. group of oil producers

47 Mess up

48 Nearsighted people

50 Scandinavian drinking cry

51 One-ups

52 Capital of Ghana

53 Appalachian ___

54 Philosopher who tutored Aristotle

56 Kind of question you have a 50% chance of guessing correctly

57 German industrial city

61 F.B.I. agent, in old slang

63 ___ as a fox

65 In the style of, in cookery

PUZZLE BY GARY CEE

Online subscriptions: Today's puzzle and more than 7,000 past puzzles, nytimes.com/crosswords (\$39.95 a year).
Read about and comment on each puzzle: nytimes.com/wordplay.

The New York Times Crossword

Edited by Will Shortz No. 0317

ACROSS

- Vacating, say
- Blue Ribbon brewer
- "Rabbit," 2019 Oscar-nominated film
- Mexican money
- Justice who replaced O'Connor
- Slangy prefix meaning "super"
- One who goes a-courting
- Befitting a king or queen
- Homes for cubs
- Child, to doting parents
- Offshoot of punk music
- "That being said ..."
- Classic Hunter S. Thompson novel, familiarly
- Set of values
- U.K. lexicon
- "Rubber Duckie" singer on "Sesame Street"
- Vaper's buy
- Palmer with an "army"
- German chancellor von Bismarck
- Strategy during the 2003 invasion of Iraq
- Dot over an "i" or "j"
- Singer with the 1994 hit "You Gotta Be"
- Prefix with freak or warrior
- Dispute between Wikipedia page updates
- ___ whiskey
- "Fiddling" emperor
- "Nothin' doin'!"
- On an even ___ (steady)
- Ambivalence ... or a hint to 20-, 25- and 41-Across
- Set of values
- U.K. lexicon

64 Novelist Aern with the best sellers "PS, I Love You" and "Love, Rosie"

65 Doesn't stop performing

68 Place to graze

69 As a minimum

70 Suffered from cramps, say

DOWN

- Police alert, for short
- Eensy
- "Stat!"
- "I agree"
- Presidential absolution, as for a Thanksgiving turkey
- Out of the wind, at sea
- Nickname for Angel Stadium, with "the"
- Pal of Kyle and Kenny on "South Park"
- "See? Just as I said!"
- Takedowns at dojos
- Toe the line
- Actress Aniston, in tabloids
- Stitching sites, briefly
- Apple introduced in 1998
- Ballerina's springing jump
- A.T.M. expense
- "... yadda, yadda, yadda"
- Ignoring the record of past events
- ___ Lingus
- Highest point value for a Scrabble tile
- Winter sidewalk application
- Weedy vacant lot, e.g.
- Moray, for one
- Newborn
- ___ Bo (workout system)
- Icelandic saga
- When repeated, a World Cup chant
- Kind of daisy
- Makes socks, e.g.
- "Frozen" snow queen
- God: Sp.
- ___ year (2020, for example)
- Celebratory words before "boy" or "girl"
- Tax whiz, for short
- Homer's neighbor on "The Simpsons"

PUZZLE BY ROSS TRUDEAU

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- Befitting a king or queen
- Homes for cubs
- Child, to doting parents
- Offshoot of punk music
- "That being said ..."
- Classic Hunter S. Thompson novel, familiarly
- Set of values
- U.K. lexicon
- "Rubber Duckie" singer on "Sesame Street"
- Vaper's buy
- Palmer with an "army"
- German chancellor von Bismarck
- Strategy during the 2003 invasion of Iraq
- Dot over an "i" or "j"
- Singer with the 1994 hit "You Gotta Be"
- Prefix with freak or warrior
- Dispute between Wikipedia page updates
- ___ whiskey
- "Fiddling" emperor
- "Nothin' doin'!"
- On an even ___ (steady)
- Ambivalence ... or a hint to 20-, 25- and 41-Across
- Set of values
- U.K. lexicon

64 Novelist Aern with the best sellers "PS, I Love You" and "Love, Rosie"

65 Doesn't stop performing

68 Place to graze

69 As a minimum

70 Suffered from cramps, say

DOWN

- Police alert, for short
- Eensy
- "Stat!"
- "I agree"
- Presidential absolution, as for a Thanksgiving turkey
- Out of the wind, at sea
- Nickname for Angel Stadium, with "the"
- Pal of Kyle and Kenny on "South Park"
- "See? Just as I said!"
- Takedowns at dojos
- Toe the line
- Actress Aniston, in tabloids
- Stitching sites, briefly
- Apple introduced in 1998
- Ballerina's springing jump
- A.T.M. expense
- "... yadda, yadda, yadda"
- Ignoring the record of past events
- ___ Lingus
- Highest point value for a Scrabble tile
- Winter sidewalk application
- Weedy vacant lot, e.g.
- Moray, for one
- Newborn
- ___ Bo (workout system)
- Icelandic saga
- When repeated, a World Cup chant
- Kind of daisy
- Makes socks, e.g.
- "Frozen" snow queen
- God: Sp.
- ___ year (2020, for example)
- Celebratory words before "boy" or "girl"
- Tax whiz, for short
- Homer's neighbor on "The Simpsons"

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BYU provides mental health resources for students during COVID-19 outbreak

By DECKER WESTENBURG

BYU and other Utah organizations are working to help students stay healthy as residents across the nation practice social distancing.

The Centers for Disease Control and Prevention (CDC) has identified that the outbreak of COVID-19 can cause stress and anxiety for many people. According to the CDC coronavirus website, everyone may react differently to stressful situations, but “coping with stress will make you, the people you care about and your community stronger.”

The CDC mental health recommendations include taking breaks from listening to or watching the news, utilizing breathing techniques, exercising well, getting plenty of sleep, avoiding alcohol and drugs, completing enjoyable activities and connecting with others.

BYU professors have been asked to address students' emotional well-being. BYU also encouraged professors to consider setting up study groups to combat isolation.

BYU continues to offer help through Counseling and Psychological Services (CAPS). The office offers crisis appointments during its normal operating hours via telecommunication. A counselor can be reached at 801-422-3035. Current patients of CAPS can meet with counselors using online platforms. Students also have access to a 24-hour, on-call psychologist.

According to CAPS psychologist Jonathan Cox, individuals who are not taking classes spring or summer but who will be full-time or three-quarter-time students in the fall of 2020 still qualify for online services as long as they are physically located within the state of Utah.

Some of these online services include Quick Care, biofeedback appointments, group therapy and individual therapy. If a student



Decker Westenburg

A student checks the BYU website following the announcement that classes were moved online. BYU is encouraging professors to check on students during the COVID-19 epidemic despite classes becoming remote.

is physically located outside the state of Utah, they can meet with the case manager over Zoom to discuss how to find therapeutic services in their state.

CAPS also allows full-time students access to applications called Sanvello and SilverCloud. Both programs are provided to students to help them learn about mental health management. A premium subscription to Sanvello can be accessed by using a net ID paired with @byu.edu (netID@byu.edu). For more information on how to create a SilverCloud account, visit the CAPS website.

The CAPS Student Outreach Council, a group of undergraduate students who volunteer their time to help with mental health outreach efforts, is hosting a 30-day mental health social media challenge on Instagram. The challenge can be found at @BYUCAPS on Instagram or under the hashtag #CAPS30DayChallenge.

The ideas shared during the challenge highlight some of the CDC recommendations. On day eight, the group shared

recommendations about types of breathing techniques to reduce anxiety. Another day highlighted ideas about connecting with others to combat loneliness.

BYU student Amy Neal has been utilizing some of the recommended techniques to help overcome anxiety during the COVID-19 pandemic. One way she targets anxiety and stress is monitoring her media usage.

“I limit how much news I am consuming in a day. I get my news from one to two sources I trust,” Neal said. “On bad, high anxiety days, I will only pay attention to coronavirus updates from those one to two trusted sources.”

She also utilizes breathing techniques and tries to keep a normal schedule to help maintain anxiety.

She wants people to remember to have compassion for themselves. “Remember that this hasn't ever happened before, so if you are not doing well and it's taken you by surprise, just be kind to yourself through the tough times,” Neal said.

Called to serve in a pandemic: 'I didn't feel good about leaving'



By LISI MERKLEY

North Ogden resident Jeremy Chavez had served just under nine months in the Chile Concepcion Mission when he learned he would need to return home due to the spread of COVID-19.

Chavez said he received a text from the assistants to the president in his mission saying they had just been in a meeting with the Area Presidency, and they learned the missionaries would need to be sent home. The mission president then called each of the companionships to talk with them individually.

“I didn't think we would be going home until they told us we would be, but there were some elders that were thinking that it was possible,” Chavez said. “I didn't even think it was a possibility.”

Chile had just under 4,200 cases on April 5, according to data from the World Health Organization. Chavez said the city he was serving in only had one COVID-19 patient currently in the hospital, but he thought they would be fine to stay in the area and serve. “We did have to follow different rules than we normally had, so obviously we weren't



Jeremy Chavez

Elder Jeremy Chavez, left, and his companion, Elder Hunter Shaw, served in the Chile Concepción Mission. Scan the photo with the *Universe Plus* app to read a Spanish translation of this story.



functioning as normal missionaries exactly,” Chavez said.

The missionaries in Chavez's mission had previously followed unique rules when protests broke out across Chile. “Back then it wasn't safe to go out in the streets, so we had to stay inside the house all day,” Chavez explained. The missionaries also weren't allowed to wear name tags and normal missionary attire or talk to people on the streets.

Chavez said the mission implemented similar rules during the pandemic. They again couldn't wear their name tags or missionary attire. The missionaries spent a lot of time in the chapels so they could have access to the internet, according to Chavez. “We were allowed to go outside because obviously if we're not having contact with people, it's not a dangerous thing,” Chavez said.

He said while it was nice to see his family when he came home, he wishes he was still serving. “I didn't want to

leave the mission. I didn't feel good about leaving it,” Chavez said. “I would have liked to have stayed if it was possible, but seeing how I wasn't, it was also nice to go home, obviously, because it's a lot more comfortable than Chile.”

Missionaries like Chavez who returned to the U.S. and Canada from international missions were released when they arrived home, and the Church gave them two options going forward. These missionaries could either return to missionary service in their original mission or in a new area as soon as possible and keep their original end date, or they could start their missions again within 12-18 months with a new end date.

“I think I would like to go out as soon as possible, especially because it says there is a chance to return to original location or to temporary assignment,” Chavez said. “I would love to go back to Chile, but if my time is done in that area, I wouldn't complain going somewhere else on my mission at this point.”

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