



## Continued faith

How pandemics in 1918 and 2020 affect church worship

Page 4



## Team charge

Cougars begin season with highest point lead since 1977 against Troy

Page 5



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September 29 - October 5, 2020

# THE UNIVERSE

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## How April General Conference shaped COVID-era Church

By JOSH CARTER

The April 2020 General Conference will be long remembered by members of The Church of Jesus Christ of Latter-day Saints.

Held just weeks after COVID-19 began its spread throughout the United States, Church leaders decided to conduct the conference without a public audience for the first time since 1942, when World War II sparked nationwide travel restrictions.

Speakers accustomed to delivering their message in front of 21,000 people at the Conference Center instead spoke to a nearly empty auditorium on Temple Square. The hymns, sung by the Tabernacle Choir, were recordings from years past. But the messages, often centered on remaining positive amid the circumstances, reached millions of Church members throughout the world as usual.

As Church leaders prepare to hold another conference under similar circumstances on Oct. 3 and 4, The Daily Universe takes a look at how the April 2020 General Conference has since shaped the Church's COVID-era culture.

### Messages of encouragement

President Russell M. Nelson opened the April 2020 conference by acknowledging the unforeseen circumstances within the Church as a result of the pandemic.

"As you know, attendance at this general conference has been strictly limited as part of our efforts to be good global citizens and do all we can to limit the spread of COVID-19," President Nelson said.

Additional speakers urged members to keep the big picture in mind.

"We are waging an 'all hands on deck' war with COVID-19, a solemn reminder that a virus 1,000 times smaller than a grain of sand can bring entire populations and global economies to their knees," Elder Jeffrey R. Holland said.



General Authorities sit in a mostly empty auditorium during the April 2020 General Conference. Church leaders have continued to offer encouraging messages as members have slowly returned to church amid the pandemic.

"When we have conquered this — and we will — may we be equally committed to freeing the world from the virus of hunger, freeing neighborhoods and nations from the virus of poverty."

Since April, Church officials have continued to rely on media outlets to encourage members to stay positive, even as the pandemic outlook has worsened. Members of the Quorum of the Twelve Apostles have especially filled Church members' social media feeds with uplifting posts, videos and articles.

Additionally, local Church area presidencies have been adamant in urging members to do their part in slowing the spread of the virus. On July 10, after Utah health officials reported a then single-day record of 867 new COVID cases, the Utah Area presidency asked the state's members to wear face coverings when in public. Although the state's COVID case numbers declined soon after the announcement, they

have since shot up again, reaching a single day peak of 1,411 new cases as of Sept. 25.

### Church gatherings

Church meetinghouses, temples and other facilities have also remained mostly empty since April. The virus forced the Church to suspend its weekly worship services entirely for a time. Members were encouraged to continue studying the gospel at home via the scriptures and the Church's "Come, Follow Me" manual, as well as minister to others in a socially-distant manner.

On May 19, however, the Church authorized a phased return plan for select meetings and activities. Some wards slowly began to hold weekly sacrament meetings with a variety of precautions and in accordance with local COVID regulations. On Sept. 11, Church officials authorized the return of stake conferences beginning in November and provided additional guidelines for

The Church of Jesus Christ of Latter-day Saints

weekly worship services.

A phased reopening of temples also began in May. As of Sept. 28, only 28 of the Church's 168 dedicated temples remained closed due to COVID restrictions. Among the temples that have since reopened, however, only select living ordinances are available for members to take part in.

Although a complete reopening of Church facilities likely won't be possible until the virus is eradicated, Church officials are pressing forward with the plans set soon after the April General Conference.

"Gratefully, even a pandemic cannot and will not stop the Lord from embracing us. His love is constant," President Nelson wrote in a Sept. 20 Facebook post. "You and I have the special opportunity to feel His love during the upcoming general conference. I pray that you and your family are preparing to hear the words the Lord will speak to you through His servants."

## Utah County police respond to concerns about mask enforcement

By GABRIELLE SHIOZAWA

Some Utah County police officers oppose criminalization of recent mask mandates, favoring education and encouragement over threats.

Utah County Sheriff Mike Smith addressed concerns about mask enforcement in response to the Aug. 27 Provo City Council mask mandate where violations of the order were considered civil infractions and could incur fines of up to \$500. The Utah County Health Department passed a new public health order Sept. 22 requiring face masks at all gatherings where social distancing isn't possible.

"The issue for me is not the mask, it is the approach," Smith said in a news release Sept. 21. "This is a health issue, a community issue, and should be addressed as such. It should not be criminalized."

Even though Sheriff Smith would prefer no mandate at all, the Utah County order more closely aligns with Smith's desire to decriminalize the face coverings issue.

"The face covering requirement provides for exceptions, local adaptation, and is not intended to be enforced with criminal penalties," reads a letter from county health director Ralph Clegg and commissioners Tanner Ainge and Nathan Ivie.

"Discretion is a huge part of what we do," Utah Peace Officers Association secretary Dean Adams said. "If fines are in play, as with the Provo mask mandate, the officers and each administrative entity are allotted discretion dealing with individuals and crime."

Utah County Sheriff's Public Information Officer Sgt. Spencer Cannon confirmed Utah County Sheriff Mike Smith "will not ask his deputies to enforce any mask mandates."

"There are many important issues and problems that deputies focus on," Cannon said. "Taking an issue (like masks) and giving it a focus as criminal behavior seems counterproductive."

Smith and other officers expressed their desire for education efforts rather than citations to encourage mask wearing.

In a blog post explaining her veto of the Provo mask ordinance, Mayor Michelle Kaufusi said several chambers of commerce, educational institutions and legislators asked her not to issue a mask order while "not a single major community partner" encouraged the mandate.

"Provo residents are good people who, through no compulsion, love to do the right things out of the goodness of their hearts," Kaufusi wrote.

Smith compared the mask issue to the previous health mandate restricting gatherings to no more than 10 people. "We had incidents of public disorder (and) citizens calling the police on fellow citizens. A mask mandate will generate the same response."

"I find it interesting that the nation is demanding police reform, yet every time there is any crisis the response is, pass a law and let the police worry about it," Smith said in his Sept. 21 news release. "Then the only resource provided to the police is arrest or citation. I believe we can do better than that."

Smith expressed frustration over Utah County receiving more than \$100 million from the federal government to address the issue of face coverings yet still choosing to "dump the problem on the police by criminalizing it."

Smith attributed the spike in positive COVID tests in Utah County to Brigham Young University and Utah Valley University students.

"The response should be concentrated on the problem area, not the entire population of the county," he said. "Both universities already have very strict mask mandates."

## BYU student employees don't have sick leave amid the pandemic

By LISI MERKLEY

BYU students with part-time campus jobs can face a difficult decision when they are sick: Do they miss work and go without pay or go to work sick and potentially put others at risk?

That risk during the pandemic can have much broader consequences for the approximately 14,000 students who have on-campus jobs when the impact on roommates who can find themselves quarantined and unable to work or attend classes is factored in.

Undergrads are allowed to work up to 20 hours (19.5 hours if the student is an international student) on campus with no sick leave options besides going without pay. BYU spokeswoman Carri Jenkins said supervisors can arrange with their student employees to continue working during isolation, but there is no option for paid sick leave.

BYU Dining Services Director Dean Wright said his employees — which include all student workers at the dining locations on campus along with vending, catering, concessions and more — are following the guidelines from the BYU Risk Management and Student Employment offices to stay healthy and prevent outbreaks. However, when it comes to working remotely, Wright said, "This is of course very difficult for dining to do."

Other student employers on campus have greater flexibility to allow students to work from home.

BYU student Washington Pearce tested positive for COVID-19 on April 29 while working at the library, and he was allowed to continue working from home during his three-week isolation. His supervisors assigned him two projects to work on while at home: completing an inventory of DVDs and transcribing for Special Collections. "Overall it was positive, but I felt kinda useless in comparison to my coworkers."



Hannah Miner

BYU Student Baylee Poulsen works at the BYU Store in August. BYU employs about 14,000 students in part-time jobs that do not offer time for sick leave.

Pearce said he would normally be able to work up to 40 hours during the summer at the library, but this year the library had to cut hours. "I, as well as most of us, had to pick up a second or third job in order to cover basic necessities."

In addition, Pearce said BYU's COVID-19 financial assistance didn't help him either. "Nobody I've known has qualified for aid, even when circumstances have pushed them outside of their financial safe zones."

While he wishes his on-campus job would offer paid sick leave during the pandemic, he doesn't think it's a possibility.

Few universities around the country offer paid sick leave to part-time student employees and most that do only developed the sick leave policies in response to state laws.

For example, the state of Washington passed a law requiring employers to pay sick leave in 2016. The law went into effect in 2018. Students employed by universities in Washington qualify for paid sick leave under the law.

Student employees at the University of Washington can use sick leave for their own illnesses and preventive care and also for illnesses of family members. Student employees "accrue paid

sick time off at the end of the month at a rate of one hour for every 40 hours worked," according to the university's website.

The University of Connecticut began offering sick leave to student employees in 2014 after the passage of Connecticut's sick leave law. Student employees at the University of Connecticut also accrue one hour of sick leave for every 40 hours worked, but they are only eligible to use that sick leave after their 680th hour of employment.

In April, the federal government passed the Families First Coronavirus Response Act that requires employers of under 500 employees to pay sick leave to those who have to quarantine or care for someone who is in quarantine. The act, however, does not apply to BYU student employees.

Some students who work off-campus have found jobs that offer paid sick leave during the pandemic. BYU senior Bailey Rambo began working in the food retail industry after she lost her job in March due to the pandemic. She said her new employer began offering sick leave to full-time employees when the pandemic started.

"Just like a lot of others, financial strain has been such a big stress in my

life due to losing my former job back in March and having my hours majorly cut back," she said. "Knowing that my new job has created a backup plan for me in case I am exposed to COVID-19, it relieves so much stress."

The pandemic has changed sick leave policies in multiple ways. One of the reasons companies generally offer sick leave is to encourage employees to stay home when sick, BYU human resources professor Cody Reeves said. When sick employees stay home, it prevents further spread of the disease in the workplace and helps the employee recover more quickly.

"A general motivation behind paid sick leave policies is to try to avoid putting employees in a position where they feel economic pressures to attend work while sick," Reeves said.

Due to the Families First Coronavirus Response Act, more employers are required to offer sick leave during the pandemic, but Reeves said many companies are offering extended sick leave outside of legal requirements.

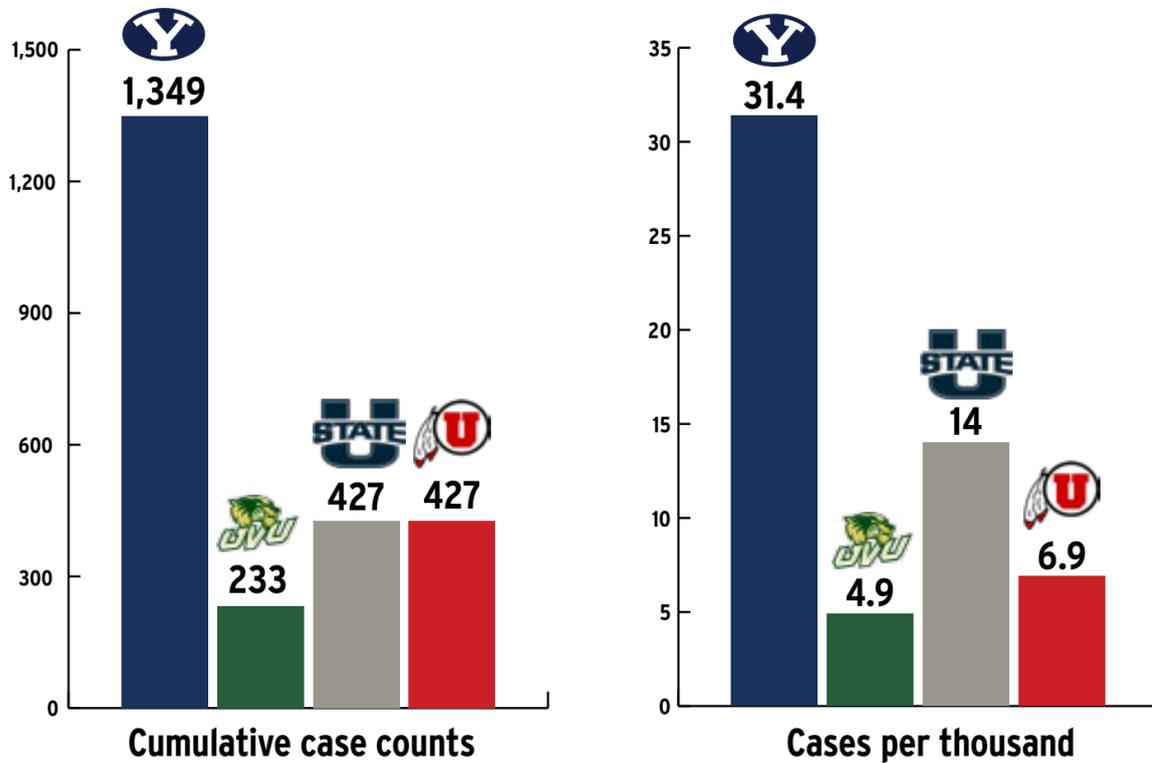
"Certainly, augmenting paid sick leave policies right now would be easier for organizations whose products or services are in high demand, as they are more likely to have resources that can be invested into such an effort," Reeves said.

"For organizations whose operations have been shut down or heavily disrupted by the pandemic, it would be an especially tall order to begin offering a new employee benefit like increased sick leave at a time while resources may be scarce."

However, the pandemic might have made offering paid sick leave less appealing to employers due to the increased availability of remote work opportunities, Reeves said. "The increase in remote work opportunities as a response to the pandemic has arguably made the need for paid sick leave less relevant for some, as some employees can simply work from home as they are able."

# COVID-19 OUTBREAK

## COVID-19 cases among Utah colleges Fall Semester



Ben Daniel

Universities have been independently reporting COVID-19 case counts among their communities. (Sources: Brigham Young University, Utah Valley University, Utah State University, University of Utah)

## Outside the outbreak

From the Associated Press



### Two Louisville officers shot amid Breonna Taylor protests

Hours after a Kentucky grand jury brought no charges against Louisville police for Breonna Taylor's death and protesters took to the streets, authorities said two officers were shot and wounded Wednesday night during the demonstrations expressing anger over the killings of Black people at the hands of police. The violence comes after prosecutors said two officers who fired their weapons at Taylor were justified in using force to protect themselves.



### Trump caps judiciary remake with choice of Barrett

President Donald Trump has nominated Judge Amy Coney Barrett to the Supreme Court, capping a dramatic reshaping of the federal judiciary that will resonate for a generation and that he hopes will provide a needed boost to his reelection effort. Barrett, a former clerk to the late Justice Antonin Scalia, said that she was "truly humbled" by the nomination and quickly aligned herself with Scalia's conservative approach to the law.



### 100,000 march in Belarus capital

About 100,000 demonstrators marched in the Belarusian capital calling for the authoritarian president's ouster, some wearing cardboard crowns to ridicule him, on Sunday as the protests that have rocked the country marked their 50th consecutive day. Protests also took place in nine other cities, underlining the wide extent of dismay and anger with President Alexander Lukashenko, who has stifled opposition and independent news media.



### Trump tax revelation could tarnish image

The bombshell revelations that President Donald Trump paid just \$750 in federal income taxes the year he ran for office and paid no income taxes at all in many others threaten to undercut a pillar of his appeal among blue-collar voters and provide a new opening for Joe Biden, on the eve of the first presidential debate. Trump has worked for decades to build an image of himself as a hugely successful businessman.

## BYU, UVU presidents warn of additional COVID restrictions

By SYDNEE GONZALEZ

The presidents of BYU and UVU sent a joint letter Sept. 22 warning students against violating coronavirus restrictions. The letter was in response to a spike in COVID cases in Utah County, which health officials said can be traced back to college students. BYU and UVU have reported 1,014 and 198 cases respectively as of Sept.

22. Meanwhile, Provo and Orem have been moved back to the moderate or orange restriction level of the Utah's phased pandemic plan amid. BYU President Kevin J. Worthen and UVU President Astrid S. Tuminez said they are "greatly concerned" about the rise in cases. "This is both alarming and unacceptable." The pair expressed concern about the consequences of non-compliant behavior for students and Orem and Provo communities.

## Provo, Orem moving back to orange COVID-19 phase

By KENZIE HOLBROOK

The Utah Department of Health announced Sept. 22 that Provo and Orem will move from the yellow (low risk) phase to orange (moderate risk) phase, effective Sept. 23 at 11:59 p.m. Utah State Epidemiologist Dr. Angela Dunn said Utah County is the main driver of the statewide increase in COVID-19 cases and Provo and Orem specifically account for over 57% Utah

County's cases last week. Gov. Gary Herbert and Utah Health Department Executive Director Rich Saunders mentioned this is the first time the state has had to roll backwards. "We're seeing movement in the wrong direction," Saunders said. The three main indicators used to determine the forward or backward movement of risk phases are trends in cases, hospitalization utilization and percent positivity according to Saunders.

## Utah County officials pass mask mandate after COVID-19 spike

By LISI MERKLEY

The Utah County Health Department and county commissioners issued a public health order mandating masks Sept. 22 after cases in the county spiked. The order went into effect immediately and will expire at 11:59 p.m. on Oct. 20, unless extended. The order applies to anyone in the county in an indoor or outdoor public area

where consistent social distancing isn't possible. It also allows for multiple exemptions including individuals under 5 years old, those with medical conditions and people eating or drinking. "If the recent trajectory of cases were to continue, our healthcare system's capacity could be at risk reads a statement from Utah County Health Director Ralph Clegg and county commissioners Tanner Ainge and Nathan Ivie.

## Utah State Prison locked down after possible virus exposure

ASSOCIATED PRESS

DRAPER, Utah — The Utah State Prison in Draper and the Central Utah Correctional Facility in Gunnison have been placed under a 24-hour lockdown after authorities believe the general inmate populations were exposed to COVID-19. The state Department of Corrections said the facilities went into lockdown Sept. 23 around 3 p.m., the Deseret News

reported. The department said in a statement that it is "coordinating with local health officials on quarantine and isolation procedures, conducting contact tracing, and ensuring that proper cleaning protocols are implemented." The state prison had previously reported 15 confirmed COVID-19 cases, 14 of which have since recovered, department officials said. As of Sept. 21, there have been no reported inmate deaths from COVID-19 in the state.

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## Virus cases rise in US heartland, home to anti-mask feelings

ASSOCIATED PRESS

MISSION, Kan. — It began with devastation in the New York City area, followed by a summertime crisis in the Sun Belt. Now the coronavirus is striking smaller cities in the heartland, often in conservative corners of America where anti-mask sentiment runs high. The spread has created new problems at hospitals, schools and colleges in the Midwest, as well as in parts of the West. Wisconsin is averaging more than 2,000 new cases a day over the last week, compared with 675 three weeks earlier. Hospitalizations in the state are at the highest level since the outbreak took hold. Utah has seen its average daily case count more than double from three weeks earlier. Oklahoma and Missouri are regularly recording 1,000 new cases a day, and Missouri Gov. Mike Parson, a staunch opponent of mask rules, tested positive for the virus this week. And South Dakota, Idaho and Iowa are seeing sky-high rates of tests coming back positive.

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# HIGHLIGHTS FROM BYU COLLEGES

## IRA A. FULTON COLLEGE OF ENGINEERING

### BYU students create new glasses to help children with autism improve eye contact

By CASSIDY WIXOM

A capstone team of BYU electrical and mechanical engineering students created video glasses that display animations to help children with autism pay attention and increase eye contact with the therapist wearing the glasses.

Heidi Kershaw, a mother of a child with autism and the sponsor of the capstone project, came up with the idea during one of her son's therapy sessions. After taking a break from the therapy session, both Kershaw and the therapist could not get her son's attention back; he was too fixated on the Mickey Mouse Clubhouse show he was rewarded with during the break. Kershaw got increasingly frustrated that her son wouldn't look at her and exclaimed "I wish I could just put Mickey Mouse up on my face!"

The therapist laughed, but Kershaw said she was determined to find a solution.

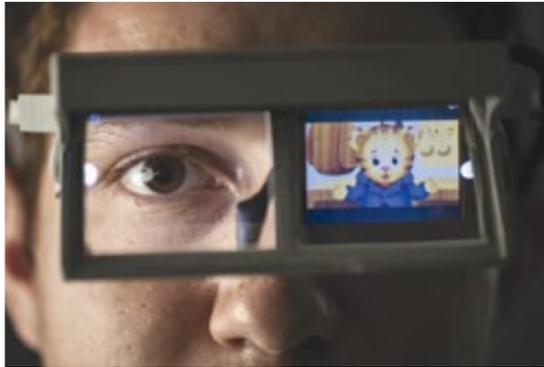
Kershaw reached out to many engineers around the world about her video glasses idea but was repeatedly told it was impossible or would cost a million dollars to make. "This hasn't been done before, and it looks impossible. Or it is so expensive there is a barrier to even try," she said.

Through a stroke of luck, she was told about the engineering capstone program at BYU by a close friend. Kershaw applied to be a sponsor and had her glasses invention accepted to be a project.

Capstone coach Darrell Goff helped guide the team of six engineering students: Matt Simmons, Seth Hamson, Jayden Olsen, Jeffery Pyne, Blaine Oldham and Mouri Zakir. Each member of the team expressed their excitement and motivation to create something that could impact people's lives.

"I really wanted to be in a project that could directly help people like this. I couldn't have asked for a better one," Olsen said.

The team of students created a working prototype of the glasses in just a few short months. "Seeing (the prototype) completed and knowing we accomplished it together was a super cool feeling," Hamson said.



Rebekah Baker/BYU Photo

Video glasses created by BYU students display animations to help children with autism pay attention to the therapist wearing the glasses. Scan the photo with the *Universe Plus* app to read a Spanish translation of this story.



The therapist wears the glasses, which display animations on the lenses through a reflective process so they can see the child at all times, but the child sees the animations. Once the child starts feeling more comfortable, the therapist can reduce the opacity of the animations until the child sees the therapist's eyes. This helps the child establish eye contact through a process that is comfortable for them. If the child becomes uneasy, the therapist can turn the animations back on at any time.

These glasses would be used during behavior therapy sessions to help autistic children become more comfortable with eye contact. They are also predominantly intended for non-verbal autistic children.

Goff said studies suggest nonverbal children with autism will not start their speech skills until they can make eye contact. "That's the key behind these glasses, to help those children get to a point where they can start their verbal skills," he said.

Goff believes these glasses can help trigger a response in the child's brain to form new neural pathways that will help the child feel more comfortable and provide a foundation for speech skills.

Besides helping with speech skills, Kershaw is hoping these glasses help children with autism have more confidence and interact easier with new people.

"There are social structures in place within our culture that make it difficult to connect without eye contact," Kershaw

said. Trust, confidence and connections are more difficult to create when eye-contact is not prevalent. She said people with autism are put at a disadvantage because of these social stigmas.

"It's not that they can't make connections, but it is more difficult for them to make the initial connections with people outside their family," she said. Kershaw also talked about how during the pandemic, communication has come to rely on eye contact because masks cover the rest of the face.

The capstone students said they worked hard all year on perfecting the design and creating it the way Kershaw envisioned. "We all wanted to do a good job on this project to give something to our sponsor who obviously was very passionate about it," Olsen said.

Olsen said she was excited to be a part of this project that helped improve people's lives. "Relationships with people form the basis of human happiness. And there a lot of people who struggle with that for various reasons and this is one way we can help a group of people find happiness," she said.

The team said they are planning to put the glasses through clinical trials and an approval process so they can be safely used by therapists. "If it is successful in clinical trials it will be one of the first technological solutions of helping kids get on the path of social and personal progress. And hopefully, the impact we can have is that we that are able to change lives," Hamson said.

## COLLEGE OF FAMILY, HOME AND SOCIAL SCIENCES

### Psychology student earns 2020 Minority Student Scholarship



Christopher Mosqueda

A second-year BYU psychology student earned the 2020 Minority Student Scholarship of the Utah Association of School Psychologists (UASP) for his study of risk factors for juvenile violence. Christopher Mosqueda hopes to start important conversations about racial prejudice and social justice. His studies include dispelling the idea of "superpredators," or the idea of a ferocious generation of young criminals, and the way media outlets portray acts of violence such as the Columbine shooting. Mosqueda is completing a school psychology internship at the Jordan School District in Utah this fall.

## COLLEGE OF FINE ARTS AND COMMUNICATIONS

### BYU alum's uses music skills as EMT



Daniel Wallentine

A Music Dance Theatre graduate is bringing together his performance skills and EMT training to make an impact during the coronavirus pandemic. Daniel Wallentine (BFA '19) left for New York City this spring to respond to the increased need for medical personnel due to COVID-19. Wallentine wasn't expecting to use his gift for music, but he soon found an opportunity to bring his talents together to help bridge a language barrier with a withdrawn patient. Wallentine sang a song he knew in the man's native tongue, which helped them connect and made it possible for the patient to progress.

"I don't know that I've ever felt more unified as humankind," Wallentine said.

## BRIGHAM YOUNG UNIVERSITY

### BYU professors recognized for their translations of 16th century works



Valerie Hegstrom

BYU professors Brandie R. Siegfried and Valerie Hegstrom were recognized by the Society for the Study of Early Modern Women and Gender (SSEMWG) for their translations of 16th-century works into English. English professor Siegfried was awarded the Josephine Roberts Award for her study of Margaret Cavendish's underdeveloped poetry.

Hegstrom, who teaches Spanish and Portuguese as well as coordinating the Global Women's Studies Department, won an award for translating the Spanish playwright Angela de Azevedo's play *El Muerto de Similado*. Hegstrom's extensive work on this project began in the 1990s.

"It was really wonderful being able to view the play through both Spanish and Portuguese lenses ... that really helped with the translation," Hegstrom said.

## COLLEGE OF LIFE SCIENCES

### Biology student receives funding for groundbreaking cancer treatment



Edwin Velasquez

A microbiology and molecular biology Ph.D. student at BYU received funding to research a groundbreaking cancer treatment. Using immunotherapy, or the idea that bodies can use their own immune system to overcome cancer, Edwin Velasquez is working on modifying T cells, macrophages and other immune cells to fight tumors.

"There are people waiting for this," Velasquez said of the Simmons Center's research. "We cannot let them wait for too long."

## BYU journalism documentary wins award

By GABRIELLE SHIOZAWA

The company behind the Emmys honored BYU journalism with a 2020 Student Production Award for their documentary about the Camino de Santiago.

The National Academy of Television Arts and Sciences (NATAS) named a team of five students and three faculty advisers winners of the best long-form nonfiction film. The documentary previously won an Award of Excellence from the Broadcast Education Association as well.

"If you're going to get an award in television, the NATAS award is the pinnacle," said professor Melissa Gibbs, who worked on the project along with professors Dale Cressman and Alan Neves. "It's a very prestigious award. I think it speaks volumes of the quality of education our students are getting."

The 15-minute documentary was filmed in May 2019 and released in August 2019. Student producers Danielle Hallows, Madeleine Reber, Tre Harris, Angela Cava and Natasha Ramirez followed BYU Spanish majors on a study abroad trip to Spain and captured their pilgrimage along the Camino de Santiago. Project organizers included Cressman, School of Communications director Ed Carter and Spanish literature professor John Rosenberg.

"Mentored learning is what we're about here, and I think



Melissa Gibbs

Angela Cava, left, Tre Harris, Natasha Ramirez and Melissa Gibbs were part of the team of BYU journalists who won an award for their documentary on the Camino de Santiago.

this was a good example of what we're able to accomplish together as faculty and students," Neves said.

Each student contributed to filming and post-production, learned to take videos using drones, trekked a portion of the Camino and experienced on-the-fly training during intense workdays of up to 14 hours.

What makes this documentary stand out is the unique story of the Camino, Gibbs said. Their film explains why people of all faiths walk the route of roughly 500 miles and starts a broader conversation about what it means to be a pilgrim in any religion.

"But what else made this documentary so great was the work, effort and passion the students put into it," Gibbs said. Gibbs explained that what was supposed

to be a spring project took the team until the end of August.

"I see it as a labor of love because there came a point when it wasn't an assignment anymore," Gibbs said. "They were committed."

This sets a precedent for future BYU journalism projects, Cressman said.

"This is an important step in our efforts to innovate journalism instruction by having faculty, production staff and students collaborate on projects that produce meaningful media messages," Cressman said.

Gibbs expressed excitement for the opportunities ahead of these five students.

"To put in so much hard work, dedication, and perseverance and to have it pay off is such a great lesson in what you can get if you work hard," Gibbs said.

# TODAY

**UNIVERSITY FORUM**  
Tuesday, September 29,  
11:05 a.m.

This event will be available for viewing on BYUtv and via the BYUtv app.



**Melody C. Barnes**  
Lawyer and Political Advisor

"The Education of the American Mind"

Melody C. Barnes, a well-known political advisor, professor, and legal expert, will be the first to speak on this year's BYU forum theme, "What It Means to Be Educated."

Currently, Ms. Barnes is the codirector for policy and public affairs of the Democracy Initiative at the University of Virginia, where she is also the Dorothy Danforth Compton Professor of Practice at the Miller Center of Public Affairs and a distinguished fellow at the School of Law. In recent years, Ms. Barnes served as the director of President Barack Obama's Domestic Policy Council as well as being assistant to the president. Prior to her tenure in the Obama administration, she was executive vice president for policy at the Center for American Progress and chief counsel to the late Senator Edward M. Kennedy on the Senate Judiciary Committee.

Barnes is narrator and host of the National Endowment for the Humanities-supported podcast "LBJ and the Great Society" and coeditor of *Community Wealth Building and the Reconstruction of American Democracy: Can We Make American Democracy Work?* which will be published in October 2020. She also coauthored "Community Engagement Matters (Now More Than Ever)," one of the ten most popular articles published by the *Stanford Social Innovation Review* in 2016, and is a commentator on U.S. domestic public policy.

Barnes earned her BA from the University of North Carolina at Chapel Hill, where she graduated with honors in history, and her JD from the University of Michigan. She lives in Richmond, Virginia, with her husband, Marland Buckner Jr.

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

**NEXT: UNIVERSITY DEVOTIONAL, OCTOBER 6**

**CANDACE BERRETT**  
Associate Professor,  
Department of Statistics



# 1918 vs. 2020: LDS worship during a pandemic

By KENZIE HOLBROOK

Members of The Church of Jesus Christ of Latter-day Saints will watch October's General Conference exclusively online. Because of COVID-19, no one has the option to attend in person, as was the case in April 2020.

When the coronavirus pandemic hit earlier this year, the Church took a lot of similar approaches as it did over 100 years ago.

The flu pandemic of 1918 started in March and lasted until near the end of 1919, about an 18-month period. At this time, church meetings were canceled, temples were closed and a General Conference even had to be postponed.

According to Ryan Saltzgeber, a historian with the Church History department, one of the main similarities in how the Church handled the flu outbreak back in 1918 is that it followed the counsel and advice of public health officials, just as it is doing in 2020.

## General Conference

Saltzgeber said one of the main differences he's noticed between the pandemic of 1918 and the coronavirus pandemic has a lot to do with technology. "The Church opted for postponements of major meetings rather than going digital," Saltzgeber said about the 1918 pandemic. Because of this, the April General Conference in 1919 was postponed until June 1919.

"It does not appear that any attempt was made to limit attendance, rather they assumed that the worst of the pandemic had passed in Utah," Saltzgeber said about the June 1919 General



The Church of Jesus Christ of Latter-day Saints

The First Presidencies of The Church of Jesus Christ of Latter-day Saints in 1920 and 2020 both had to alter church worship during a pandemic. Today, technology has helped communicate changes in worship but in 1918 that was not a possibility.

Conference. "The postponement was necessitated by the public health mandates, but the business of that conference (sustaining a new president of the Church) was too important to cancel the meeting entirely."

Saltzgeber said the two most significant things of that General Conference, besides its postponement, were that Heber J. Grant was sustained as the prophet and the fact that Grant made mention of all the members of the Church who had passed away from the flu.

It wasn't uncommon at the time for the president of the Church to announce how many people had died since the previous General Conference, according to Saltzgeber. "But for him to highlight the fact that a certain number of them had died specifically of the flu was significant," Saltzgeber said.

Saltzgeber said the October 1919 General Conference was held as normal.

## Church meetings

In 2020, Church leaders decided to keep the conference schedule as is but didn't allow any in-person attendance. Technology has allowed members to view the conferences from their homes.

According to Saltzgeber, there was a point during the flu pandemic where all church meetings were supposed to be canceled, but the challenge was getting the news out to members.

The Deseret News was the only way Church leaders had to announce the cancellation of Church meetings, according to Saltzgeber. "So if people don't get the Deseret News for a while, then they don't hear about that," Saltzgeber said.

Saltzgeber said he's not sure if Church members were able to have sacrament meeting in their homes like what has been

done in 2020, but he does know they were encouraged to have some type of devotional in place of church meetings.

Another thing Saltzgeber mentioned that changed during the 1918 pandemic was how the sacrament was passed.

An Ensign article about the administration of the sacrament titled "The Church is More than a Meetinghouse" says "earlier generations of Latter-day Saints had passed around a common cup, but in the wake of the pandemic many wards raised funds to purchase sacrament sets with individual cups." Saltzgeber said the individual cups started because of public health concerns.

## Temples

In 1918 there were only four operating temples, all of them in Utah: Salt Lake, St. George, Manti and Logan. "The temples were closed when officials directed them

to end public gatherings and reopened when they were told they could resume," Saltzgeber said. Saltzgeber said he doesn't know of the temples opening in any type of phases like they are today.

## Missionary work

Missionaries were only serving in the United States, Canada, parts of the Pacific (Tonga, Samoa, Australia, French Polynesia, New Zealand and Hawaii), Japan, and South Africa in 1918.

"Those missionaries and mission presidents whose journals I have reviewed make it clear that they transitioned from normal proselytizing activities to working to support healthcare workers and minister to the sick," Saltzgeber said.

Saltzgeber said the Church tried to keep the missionaries where they were. He said the mission president in New Zealand attempted to keep things the way that they were,

but started sending missionaries home when an elder from Salt Lake who was serving in New Zealand died of the flu.

## BYU

Saltzgeber said he doesn't know much about what happened on the BYU campus in 1918, but he did see a photo published in BYU Magazine where BYU students were sitting shoulder to shoulder wearing masks, so he doesn't know of any social distancing guidelines.

"In the end the flu pandemic closed campus until January 1919, canceling three months of classes, athletic events, dances, debates and theater productions," said a BYU Magazine article titled "Lessons from 1918." "As BYU students returned for winter 1919 classes, many restrictions on activities remained in place, and they found it difficult to recognize friends through flu masks."

# What will happen when COVID-19 collides with flu season?

By MARTHA HARRIS

Influenza activity is currently low in the U.S. and globally, but local health experts are still concerned about how this year's flu season will play out in combination with COVID-19.

The Centers for Disease Control and Prevention released a report on Sept. 18 stating that during the summer of 2020, there was a historically low number of influenza cases in the U.S. and countries in the Southern Hemisphere, like Australia and Chile, had very low influenza activity during their winter (June-August).

The CDC attributed these low levels to measures implemented to mitigate the transmission of COVID-19 — like social distancing, mask-wearing and frequent hand washing.

But as Utah County is seeing a significant rise in COVID-19 cases recently, BYU public health professor Chantel Sloan said it is hard to tell what this year's flu season will look like.

"Normally, we track what is happening in places like Australia during their winter as a little bit of a bellwether. But

because they were on a stricter lockdown, they didn't have as big of a flu season," she said. "So we're not really sure exactly how bad this flu season is going to be."

BYU biology professor Brian Poole said since influenza and COVID-19 are both respiratory illnesses and transmitted in similar ways, areas that still have rising cases of COVID-19 will most likely also have high levels of influenza.

Poole said while it is possible to get the flu and COVID-19 at the same time, it is unlikely. His main concern is that the circulation of two dangerous viruses at once will put additional strain on the U.S. healthcare system.

Sloan said historically, healthcare professionals are used to having a peak in hospital usage during cold and flu season.

"Normally, we handle flu season pretty well, unless it's a really tough strain. But this year, our resources are so stretched," she said. "Adding (flu season) on top of the strain that COVID-19 has put on hospitals is just a really bad recipe."

Sloan said she could imagine a lot of different nightmarish



Rebekah Baker photo illustration/BYU Photo

Local health experts highly recommend that people get a flu shot this year during the pandemic. Scan this image with the **Universe Plus** app to read a Spanish translation of the story.

situations, like hospitals getting understaffed or running out of resources like personal protective equipment.

"It really strains every segment of the healthcare system, from medical supplies to testing to actual clinical treatment," Sloan said.

To prevent this healthcare strain, Sloan recommends people follow the same precautions that they have been for COVID-19 (stay home if you are sick, wear a mask, wash your hands

often). But Sloan also highly recommends that people get a flu shot.

"If we get the same amount of flu this fall that we usually

do, then we're going to fill our hospitals with flu and there won't be enough hospital space for people with COVID and vice versa," said BYU Student Health Center Medical Director Keith Willmore.

Poole said while the flu shot is not as effective as other vaccines because the influenza virus mutates so quickly, which is why there is a different vaccine each year, the vaccine can still make a significant difference. If someone gets the flu shot and still catches the flu, Poole said, the flu shot cuts their risk of dying by at least half and they are less likely to spread it to other people.

Willmore said while young college students are unlikely to get sick with the flu and end up in the hospital, getting a flu shot can help protect other people who are high risk, like elderly adults or people with

other health problems.

If someone is quarantined because they have COVID-19 or have been exposed to it, Willmore said they should wait until they are out of quarantine to get a flu shot. This is to prevent healthcare workers from getting sick and because it is unknown what would happen if someone receives a flu shot with an active case of COVID-19.

"Most likely there's not going to be a big concern because the flu shot is a dead vaccine — it's not a live virus, it's a dead virus. But we don't know if that would be dangerous to the person," Willmore said.

Willmore said BYU students and staff who would like a flu shot can get one at BYU Student Health Center's annual Flu Shot Clinic, which runs this year from Sept. 28 through Oct. 2.

## Police Beat

### BYU

#### THEFT

**Sept. 20** – A bicycle was reported stolen from a bike rack at Heritage Halls.

#### TRESSPASSING

**Sept. 20** – An individual was caught with unauthorized access to South Field.

### Provo

#### AUTO THEFT

**Sept. 22** – A moped was reported stolen near 300 East and 200 North. The moped has been missing for a few months.

**Sept. 23** – An automobile was reported stolen from an auto repair shop near 800 South and 100 East.

**Sept. 23** – Valuable items were reported stolen from several cars broken into in an underground parking garage at the corner of 900 East and 820 North.

#### THEFT

**Sept. 19** – Property theft was reported at a residence near 300 North and 600 East.

**Sept. 19** – A bicycle was reported stolen near 1800 North on Freedom Boulevard.

**Sept. 20** – Mail was reported stolen from a residence near 600 West and 100 North.

**Sept. 20** – Property theft was reported near 100 West and 300 South.

**Sept. 20** – Property theft was reported near 1400 North and 2100 West.

**Sept. 20** – A suspect was caught after a decoy trailer with a tracking device planted by Provo police was stolen from a parking lot near 1200 South on State Street where other trailer thefts have taken place.

**Sept. 20** – A license plate was reported stolen off a vehicle parked on the street near 100 South and 900 West.

**Sept. 20** – A bicycle was reported stolen near 1700 North and 450 West.

**Sept. 21** – Property theft was reported in a building near 300 North on Freedom Boulevard.

**Sept. 22** – A bicycle was reported stolen near 700 East on Center Street.

**Sept. 23** – A bicycle was reported stolen near 100 South and 200 East.

**Sept. 24** – A bicycle was reported stolen near 500 North and 400 East.

### BURGLARY

**Sept. 23** – A burglary was reported near 1500 East and 1500 North.

### ADVICE FROM THE POLICE

Call the police if you see someone suspicious taking pictures of trailers or cars in your neighborhood, Sgt. Nisha King said. This kind of behavior is often followed by theft.

"We'd rather have you err on the side of caution in calling the police rather than having to try to track them down later," King said.

Vehicle burglaries have also increased, King said. College students tend to leave apartments and vehicles unlocked, leading to higher rates of walk-in burglaries and vehicle theft.

"Please lock your cars and take anything of value out of your vehicle," King said. "And even when you're home, keep your apartment locked. Crimes of opportunity happen more than people realize."

## QUARANTINE GOT YOU FEELING CRABBY?



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## Cougars charge on without fans in 48-7 win over Troy



BYU Photo

BYU Football players leave the tunnel at LaVell Edwards Stadium carrying flags onto the field prior to the home opener against Troy on Sept. 26. Music and artificial crowd noise was broadcast over the loudspeakers to make up for the lack of fans in the stadium. The Cougars went on to win 48-7.

By CALEB TURNER  
& MAX CLARK

BYU wide receiver Dax Milne fumbled a punt return early in the first quarter in BYU's home opener against Troy. He then went on to have a career night with 140 yards and a 70-yard touchdown, helping the team to a 48-7 BYU victory.

Milne's reaction and recovery following a setback is a microcosm for this BYU football season. The Cougars had a game postponed, multiple season-ending injuries and are playing without fans in the stands, but the team continues to press on despite reasons for reservations.

"It was no big deal for us. People make mistakes," Zach Wilson said of Milne's muffed punt return. "We knew we were going to be able to come out on offense and put a (successful) drive together."

Wilson's worry-free attitude may not be the most popular during this time of a pandemic, but it is contagious on the team and results in

success on the football field.

BYU demonstrated its ability to play a free-flying, air-raid style offense as Wilson threw for a career-high 392 yards against Troy, beating his previous record of 316 yards against Western Michigan in the 2018 Famous Idaho Potato Bowl. Milne and Gunner Romney combined for a total of 278 receiving yards, the highest combination from two receivers in the Kalani Sitake era.

The team is playing with confidence and doesn't let risks or mistakes keep them from moving forward, both on and off the field. Though circumstances are set to change in the coming months with the Pac-12 and Mountain West planning a return to play, BYU remains the only school west of Texas playing football at the moment, and the Cougars show no signs of slowing down.

When the team had its game against Army postponed due to positive COVID cases on the team, head coach Kalani Sitake said it was just a "hiccup" and the team would keep moving forward and prepare for the next game.

The Cougars planned on having

6,000 fans cheering them on in the home opener, but plans changed once again as cases in Utah County began to rise. Utah Gov. Gary Herbert increased the COVID-19 restrictions in Provo just days before the game forcing BYU to play the Troy and upcoming Louisiana Tech games without fans.

The COVID breakout continued to affect the Cougars in the Troy game, with offensive lineman Tristen Hoge out with pneumonia after an initial bout with COVID-19.

The team found ways to fill in for the missing players, and the Cougars once again moved onto the next challenge, defeating Troy, a challenge they handled with grit and poise.

"The presence up front was felt, and that's what we wanted on both sides of the ball," Sitake said after the victory. "On offense and defense we want the big guys to lead the way."

Despite the lopsided victory, BYU fell four spots in the AP Poll to No. 22, creating yet again a chip on the Cougars' shoulders to go out and prove something. The next chance comes on Oct. 2 against Louisiana Tech, which will also be played at LaVell Edwards Stadium without fans.

BYU Athletics took steps to try and adapt to the new game-day atmosphere without fans by creating a "Virtual Cougar Walk" to greet the players and placing cardboard cutouts in the stands in the home opener on Sept. 26.

The Virtual Cougar Walk replaced the usual tradition of fans lining up to greet the players and coaches as they arrive at LaVell Edwards Stadium prior to the game. This year, the athletic department set up a large video board and invited fans to greet the team via Zoom.

Players and coaches waved at the video board as they passed by, creating some semblance of a fan connection for the Cougars.

In addition to the video board, the athletic department placed cardboard cutouts of notable BYU alumni and Utah sports figures in the east stands to fill in somewhat for the lack of fans.

The cutouts included BYU figures like Jimmer Fredette, Taysom Hill and Jamaal Williams, as well as Utah Jazz stars Donovan Mitchell, John Stockton and Karl Malone.

BYU coaches Mark Pope, Jennifer Rockwood, Heather Olmstead and even Cosmo the Cougar were also featured in the stands as cutouts.

A pre-recorded national anthem

was played before the game and the Cougars exited the tunnel carrying the traditional flags with smoke shooting out on either side of them. Music and fake crowd noise were piped in over the loudspeakers to create some hype in the empty stadium.

Personnel on the field was very limited during the game, with just players, coaches and other staff members allowed, all wearing masks. TV cameras were placed behind the end zones and in the empty stands, but all other press members were required to remain in assigned seats in the press box. The press members were socially-distanced and also required to wear masks at all times.

The Cougarettes and BYU Cheer Squad did not attend the game, but a pre-recorded performance from the Cougarettes filmed on the field was broadcast during a timeout to provide some entertainment for the teams and media members.

So far in the 2020 season, the Cougars have a total point margin of plus-93 points through their first two weeks of play, the highest margin through the first two games since the 1977 season. The team hopes to continue its winning streak against Louisiana Tech on Oct. 2.

## Getting to know BYU Basketball transfer Matt Haarms

By CAMERON MUH

It's hard to miss center Matt Haarms walking around campus this semester. The 7-foot-3 big man made the move from West Lafayette, Indiana to Provo this summer, transferring to BYU from Purdue University.

"Going through (the transfer) process, BYU just easily came out on top of everything that I was thinking about and everything that I valued," Haarms said. "I was just going down the list and every time, I was like 'well I just got to go to BYU, it just makes sense.' It ended up making the decision so easy because it just felt like a perfect fit almost. Every time I was thinking about something, I was like, 'OK, this works, this works, this works', and in the end, it was like 'I can't miss out on playing for Coach Pope.'"

Haarms joins an already loaded Cougar frontcourt, with Gavin Baxter and Kolby Lee at 6-foot-9, Wyatt Lowell at 6-foot-10, and Richard Harward at 6-foot-11. Together they will provide much-needed depth at the forward and center positions this season.

Haarms will be especially valuable for the Cougars on the defensive end.

"I think that rim protection is really important for me. I think that in me making the jump to the next level after this year, it's going to be extremely important that that is my main thing," Haarms said. "If that falls off, I don't think I'm half the player that I should be. I love playing defense and I love playing hard, love getting deflections, steals, blocks. So that's a big part of my game — it's where I get my energy from."

Grateful for his time as a Boilermaker, Haarms credits Purdue in developing his body and game and learning how to play against the best talent in the country and in one of the best conferences in the country, the Big Ten. Last season, Haarms



BYU Basketball

Townsend Tripple, left, and Matt Haarms works in the post during BYU practices over the summer. Haarms transferred to BYU in the spring and joined the Cougars on the court in June when in-person practices resumed with the COVID-19 precautions.

averaged 8.6 points, 4.6 rebounds, two blocks and 0.9 assists per game.

Haarms made the decision to transfer following the 2019-2020 season. "It was time for me to make a change and BYU was my new destination. I look back on that time (at Purdue) with fond memories and I just look at it as the next chapter where I can really take everything out there and combine it with the things I've learned and put together the best season possible."

Haarms said he is looking forward to the upcoming season with BYU, with the NCAA officially setting the start date as Nov. 25.

"I'm just extremely excited to be able

to get on the court with them," Haarms said. "I think they really feel like they have to prove something. And I'm just riding that wave with them because I really feel like we're putting BYU back on the map. Last year was that first established year. Now this year we need to prove we can be consistent for us."

Haarms is considered BYU's marquee transfer of the summer, but the Cougars also landed Gideon George, Brandon Averette, and Caleb Lohner, who originally committed to the University of Utah.

Away from basketball, Haarms' favorite places to eat in Provo are J Dawgs and SLABpizza, and his favorite Coach Pope saying is "catch first."



BYU Photo

Women's soccer player Mikayla Colohan plays during a blue vs. black scrimmage on Sept. 12.

## BYU Women's Soccer prepares as NCAA works toward spring season

By ANDREW CALL

The 2020 women's soccer season will officially start Feb. 3 after the NCAA postponed it due to the pandemic. This is welcome news for the BYU women's soccer team, which has been practicing at a high level despite the postponement of the fall season.

"I've been waiting for the day to get to play again," said Mikayla Colohan, the senior All-American and captain of the team. "It's just weird not traveling on the weekends and having a big game to look forward to every week."

The global pandemic has caused some adjustments to be made to the spring championship, such as only 48 teams being permitted in the bracket as opposed to the standard 64 teams. The number of preliminary-round sites will also be reduced to support the health and safety of all involved.

Despite changes, the global pandemic hasn't slowed the players down. Following the Cougars' success last year, ending in a tough loss in the Elite Eight to first-ranked Stanford, the team is carrying the momentum forward in this long offseason.

"Day-to-day practice feels pretty much the same," Colohan said. "We just want everything to be as normal as possible, stick to what we typically

do, train as normal and prepare for what we can."

The team got together on Sept. 12 at South Field for a "blue vs. black scrimmage" to put some of its practice into action. Colohan dominated the game with a hat trick and two assists to lead the blue team to a 5-2 victory.

"It was really exciting to see certain individual players, and the team collectively, rise to the occasion and play at a high level," Colohan said.

Colohan has high hopes for the upcoming season and mentioned incoming freshman like Tara Warner and Abbie Kotter as players to look out for in 2021. She also spoke highly of Olivia Wade, who recently returned from her mission and played in the scrimmage.

"She played such a big role on our team before her mission, so it's exciting to have her back," Colohan said. "She's starting to get back into things and looking really good."

Both Kotter and Wade scored goals off passes from Colohan to put the blue team up 2-0 early on. Colohan then went off for two more goals in the first half and completed her hat trick in the 73rd minute for the final goal of the game.

Daviana Vaka and Grace Johnson were both out with knee injuries, so the team called up alumnus Danika Serassio to play in the scrimmage.



## WEEKLY QUESTION

Daily Universe editors post a question on Instagram each week asking readers their view on a specific topic. Here's what they had to say. Responses are unedited.

### Should President Trump and the senate fill the Supreme Court vacancy before the election?

Yes. Dying wishes don't supercede constitutional laws.  
@JACFRA2000

I think someone should be nominated and discussed but no confirming vote until 2021  
@JM0114

No. Wishes should be respected and careful thought put into a choice instead of rushing to fill it  
@ROSEAMYDONNA

Technically he can, but he shouldn't. But he will  
@JOSHINHEROBOT

I think he should wait. It will only cause more problems if he rushes it.  
@ERIN\_CARROLL\_2014

I think he should at least wait until after her funeral!! Show some respect to her family!!  
@ALEXAKAYARCHER

He is the sitting president elected by the people. The Constitution allows it despite people's emotions.  
@MRS.TOONE

yes, she was an amazing woman, but the world doesn't stop  
@KYLIECLAUSONN

No. Shouldn't he just be confident enough in his win to appoint someone after?  
@ABZ\_CLARK

Of course. Wouldn't a Democrat president do the same?  
@TODD.SCHOFIELD

Yes, it is his duty. RGB knew the constitution but apparently didn't want to follow it.  
@MARYHANKE

They should wait until after the election and let whoever wins the election make the nomination.  
@KATMULLIGAN

## READERS FORUM

### The community needs BYU's leadership

Earlier this semester, President Worthen spoke on "The Process and Power of Hope," referring to a "Christ-centered" hope. His first hope is that students stay healthy and safe in the midst of a global pandemic that has now claimed over 200,000 American lives. Locally, BYU officials are disciplining students not following health guidelines, and I am confident that the university will hold all students accountable.

With the spike in Utah County's case reports, the majority being college-aged individuals, President Worthen's challenge to lead my alma mater in an era of uncertainty becomes more complex. His addressing the troubling development to students would indicate a willingness to personally respond to and influence student behavior and decision-making, both on and off campus. As Utah County officials implement new restrictions, the president must remain and increase his presence as a leading public health advocate.

In a year where policies and people have tested our Church's principles of charity and compassion for the worst, my hope is that President Worthen exercises his leadership and mobilizes the complete University body — students, professors and alumni — to support BYU's efforts in fighting the pandemic. While the world may always be our campus, the county — and state of Utah — will forever be our community. Now, more than ever, they need our collective, vocal and unwavering leadership.

—Daniel Manjarrez  
Class of '16

### Going online is not the answer

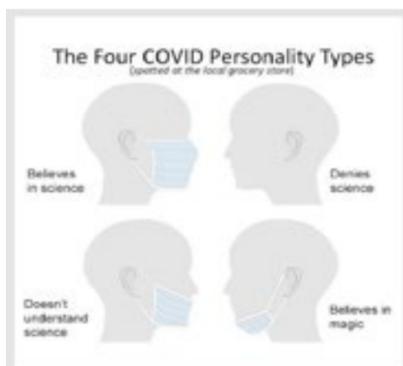
The buzz around campus seems to be speculating about if BYU will transfer to completely online-classes before Thanksgiving. With the very strict social distancing guidelines currently in place for attending classes, taking tests and generally being in a campus building, there seems to be little opportunity for the virus to spread in the campus buildings.

Moving all classes online wouldn't do much to stop the spread of COVID around the campus community. Off-campus parties probably won't stop if BYU goes online. All moving classes online would do is take away the incentive students have to stay away from parties and large social gatherings since the benefits of in-person classes have already been lost. What you would be left with is a lot of young adults in Provo with fewer ways to safely interact with others.

There isn't much impetus for a majority of students to leave Provo. We have jobs here, we have contracts we can't get out of. If a large number of students did end up leaving, the local economy would be harmed even more, as a large part of small businesses in Provo and surrounding areas rely on college students' patronage.

Let's make it through these next two months. We should live by faith, not fear, and trust that the guidelines BYU has put in place will keep us safe.

—Taylor Loftus  
Aloha, Oregon



"Why is my sister's name Paris?"  
"Because we conceived her in Paris"  
"Thanks Dad"  
"No problem, Quarantine"



## 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

**@hanksmith**  
Okay, you ordered a pandemic, riots, a couple of earthquakes, and 6 states on fire. That'll be... \$20.20

**@ashlyntkay**  
I go to @BYU and my professors always ask "does anyone have any big news" and then they follow it up with "engagements, mission calls?" Like what do they say at other college campuses? #curious #byu

**@BYUapologist**  
2020 is like the 2011 #BYU/Utah game. It started off ok but not great, then you got sad, then angry, then depressed, then angry again, and then you just starting laughing because what else could you do?

**@kalzonecount**  
used the BYU alum directory last night to look up someone from my home ward's college major & honestly maybe that one year in Provo was worth it

**@geoffjBYU**  
If it's any consolation, BYU Football is undefeated in stadiums with no fans in attendance, and the average margin of victory is 52 points.

**@Jingless**  
The amount of "hello Fall" signs I have already seen in the Provo/ore area, 1 week before October is astounding. Shame on you NERDS

**@\_princessbri\_**  
Why isn't there a steakhouse in Provo called "The steak center" seems like a missed opportunity to me

**@zblax**  
attending a BYU game > not being able to attend a BYU game but being able to watch it on TV > not having any BYU games at all

**@danny\_dudley\_**  
moped drivers in Provo weaving in and out of traffic are way too confident for me

**@tiamammamia**  
Me: coughs bc bad air quality  
Me: sleeps with my mouth open so my throat hurts  
Me: messes up my eating schedule so body is feeling off  
Anxiety brain: covid. you have covid and have infected everyone you know with covid. even if you don't have covid, you infected everyone with it

Tweets are unedited.

## OPINION OUTPOST

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

### The Ginsburg vacancy

The death of Justice Ruth Bader Ginsburg leaves the Supreme Court without its liberal leader, and the timing inevitably means a titanic fight over her successor that has uncertain and perhaps momentous implications for the national elections. A year of political shocks now has another one. Ginsburg leaves an enormous legacy, and not only as the second female Justice who became a feminist hero.

She was a legal force long before she became a judge, as the first tenured female professor at Columbia Law School who founded the Women's Rights Project at the ACLU.

The Ginsburg vacancy will now move front and center in the election.

—Editorial Board  
Wall Street Journal

### Ginsburg's legacy

Ruth Bader Ginsburg could separate passionate legal arguments from personal relationships because she valued what so many people today seem to forget. A person's worth as a human being is separate from his or her opinions.

Ginsburg was tirelessly dedicated to understanding and

interpreting the law, and upholding the Constitution as she felt best. She was a patriot, filled with the love of country that was informed by her own roots.

—Editorial Board  
The Deseret News

### Behavior of people

In the spring, when the pandemic was just beginning, a modeling study from the Imperial College London pointed out that different outcomes would depend on the restrictiveness of control measures, either strict limits and virus "suppression," or less restrictive measures and "mitigation."

Six months later, several European nations are facing a surge of infections following a

loosening of restrictions; the United States suffered it in the summer and is still struggling.

The real determinant is the behavior of people. When they act together and do the right thing, the spread can be slowed.

—Editorial Board  
The Washington Post

### Utah failing COVID

It's clear that Utah's leaders have perhaps done the worst job of any state of managing the pandemic.

Gov. Andrew Cuomo shut down much of New York's economy and set firm standards for

allowing it to reopen. New Yorkers know Cuomo is fully capable of pulling the plug again if the public fails to observe the rules.

It's time for Utah's leaders to follow that example.

—Editorial Board  
The Salt Lake Tribune

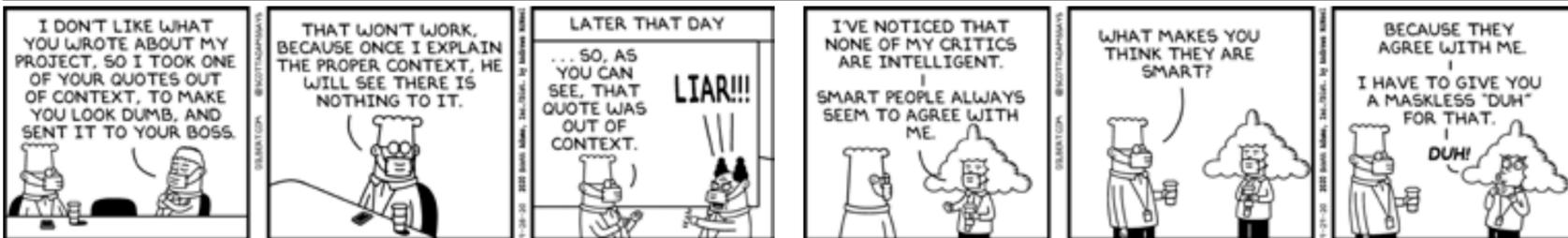
## WE WANT TO HEAR FROM YOU

The Daily Universe encourages students, faculty and BYU staff to add their voice by writing letters to the editor or by submitting editorial cartoons.

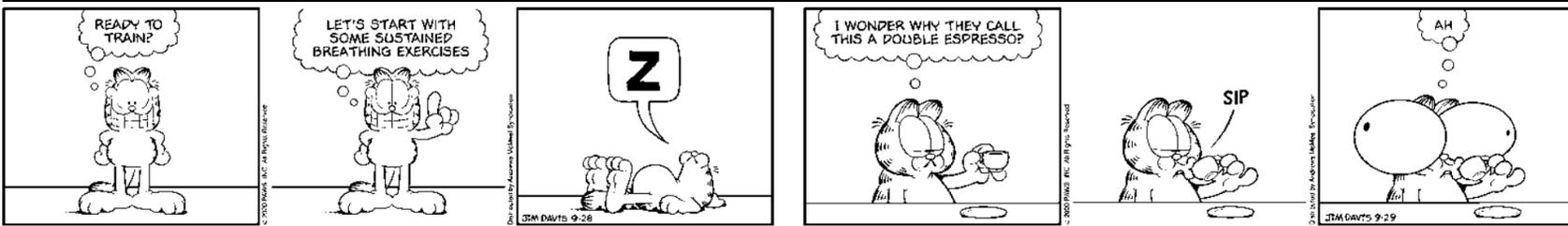
- All letters should be submitted by email to universe.ideas@gmail.com. The topic of the letter should be included in the subject line.
- Letters should also include the author's name, hometown (for students), campus position (for faculty and staff) and phone number. Anonymous letters will not be published.
- Letters should be no more than 250 words and may be edited for length, clarity or style.

Opinion editor Kenzie Holbrook can be reached at universe.ideas@gmail.com.

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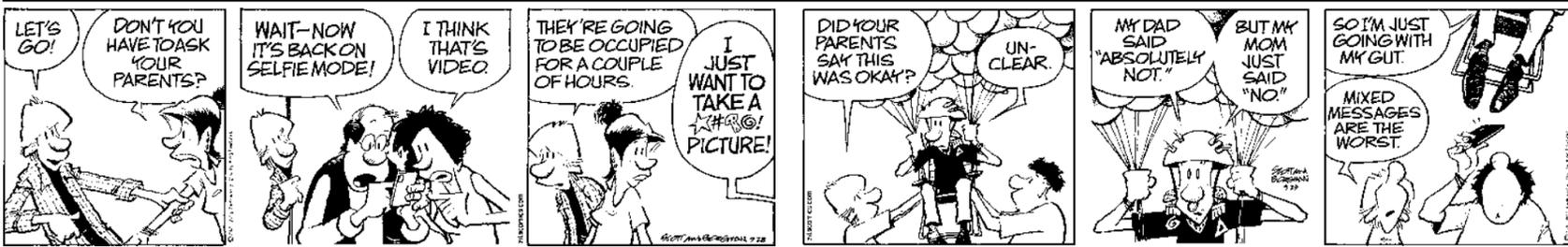
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**Sudoku**

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](http://universe.byu.edu/sudoku).

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

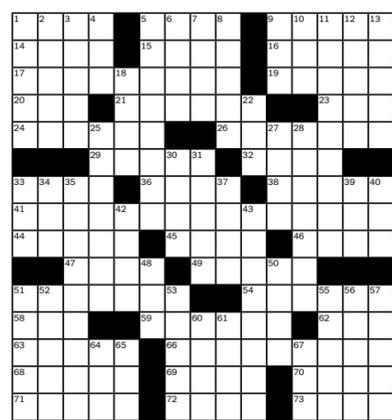
Edited by Will Shortz No. 0824

**The New York Times Crossword**

Edited by Will Shortz No. 0825

- ACROSS**
- 1 State of irritability
  - 5 Oaf
  - 9 Undercoat of an oil painting
  - 14 Cabernet, e.g.
  - 15 Opening stake
  - 16 "Oh, no, not \_\_\_!"
  - 17 Stress between you and your former lover?
  - 19 Carried
  - 20 "In excelsis \_\_\_"
  - 21 One of a pair of Old Testament books with female names
  - 23 Place for a baseball team's insignia
  - 24 Canada's Prince \_\_\_ Island
  - 26 Thing your former lover said about you?
  - 29 Straight up on a compass, \_\_\_
  - 32 The Beatles' \_\_\_ Leaving Home
  - 33 Historian's concern
  - 36 "QB VII" author Leon
  - 38 Halved
  - 41 Former lover's text, e.g.?
  - 44 What alumni do on important anniversaries
  - 45 Write with a chisel on stone
  - 46 Cold summer treats
  - 47 Something Santa makes (and checks twice)
  - 49 Aptitude
  - 51 Former lovers' stances in photos?
  - 54 Absolutely everything
  - 58 See 27-Down
  - 59 Juneau's home

- DOWN**
- 1 Neighbor of a Norwegian
  - 2 Vetted
  - 3 Dragging behind
  - 4 Prop for a golf ball
  - 5 Percussion instrument in a marching band
  - 6 Hop \_\_\_ (get to work)
  - 7 Texter's transition
  - 8 Actress Zellweger
  - 9 Gift of \_\_\_
  - 10 Latin "I"
  - 11 Like "Yeah, that'll ever happen"
  - 12 Mideast's \_\_\_ Peninsula
  - 13 End of a lunch hour, maybe
  - 18 Emperor just before the Year of the Four Emperors
  - 62 Singer Grande, informally
  - 63 Busy, as a restroom
  - 66 Current lover who seems suspiciously preoccupied?
  - 68 Chef's item for preparing apples
  - 69 Panache
  - 70 Author unknown, for short
  - 71 Arrogant look
  - 72 Things janitors keep on rings
  - 73 Wagers



- ACROSS**
- 1 A bit cracked
  - 5 Perch for a mountain goat
  - 9 Maker of the first mass-produced car with an all-aluminum body
  - 14 Like an area that's off-limits
  - 15 Unexciting Yahtzee roll
  - 16 Image in an sonogram
  - 17 16-ounce sirlion that Shylock brought to the cookout?
  - 20 Dow Jones, e.g.
  - 21 One less than penta-
  - 22 Reluctant to make eye contact, maybe
  - 23 Three on a sundial
  - 25 End part
  - 27 Mark Antony's request to the farmer when he realized he didn't have enough corn for the cookout?
  - 34 Brain test, in brief
  - 35 Weapon with two accents in its name
  - 36 Quarterback \_\_\_
  - 37 Fat in some piecrusts
  - 39 Opposite of tautness
  - 42 Wee
  - 43 Toast, essentially
  - 45 Jerk, slangily
  - 47 Laudatory poem
  - 48 Cry from Hamlet when he spotted his favorite spice mix at the cookout?
  - 52 Alternative to Levi's
  - 53 \_\_\_ & Perrins (sauce brand)
  - 54 "How adorable!"

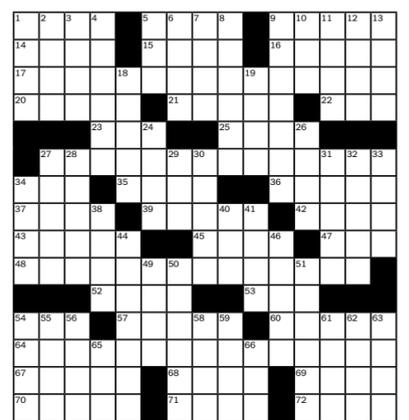
- DOWN**
- 1 Voting no
  - 2 Legend of pop music
  - 3 Like wine and cheese, typically
  - 4 Lure deceptively
  - 5 PC component
  - 6 Chew someone out, maybe
  - 7 White House worker
  - 8 Capri has a blue one
  - 9 Things to get in order
  - 10 Bit of animation
  - 11 Some Four Corners natives
  - 12 Fraternity activity
  - 13 Like a fireplace the morning after, say
  - 18 Rust, chemically
  - 19 Madame, across the Rhine
  - 24 Handfuls for a babysitter
  - 57 Things guitarists and prospectors both use
  - 60 Currency of Serbia
  - 64 Lady Macbeth's declaration upon checking the steaks at the cookout?
  - 67 Flood embankment
  - 68 Genuine
  - 69 Europe's tallest volcano
  - 70 Adjective for Caroline
  - 71 William who took a bow
  - 72 Donna of old TV

**ANSWER TO PREVIOUS PUZZLE**

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

**ANSWER TO PREVIOUS PUZZLE**

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



- ACROSS**
- 26 Spring time
  - 27 1960s counterculture guru Timothy
  - 28 "Snowy" bird
  - 29 Fish with no pelvic fins
  - 30 First Nobel laureate from Ireland
  - 31 Things that rhythm lacks?
  - 32 Aretha Franklin's genre
  - 33 \_\_\_ terrier
  - 34 Old isle of exile
  - 38 Roald who wrote "The BFG"
  - 40 Barracks item
  - 41 Department store eponym
  - 44 Recessed, as eyes
  - 46 English city north of Sheffield
  - 49 Actress Tara
  - 50 Armed guard, perhaps
  - 51 Las Vegas player
  - 54 Leatherworking implements
  - 55 "That was close!"
  - 56 Sand castle destroyer
  - 58 Patella's place
  - 59 Member of an elite team
  - 61 Word often followed by a colon
  - 62 Either of two wives of King Henry VIII
  - 63 Show literacy
  - 66 "\_\_\_ bite!"

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

# Campus survey focuses on understanding student mental health to help them thrive

By CASSIDY WIXOM

Students and faculty in the BYU public health department conducted a survey on mental health on campus to improve student mental health and wellness as part of the ThrYve initiative.

In December 2018, a tragic public suicide occurred on campus. Since then, many students, faculty and administration have sought change and improvement in student mental health. One group of students and faculty in the public health department joined a mental health coalition to better help students who struggle with mental illnesses.

The coalition morphed over the last two years to become what it is today: the ThrYve initiative.

Associate Academic Vice President John Rosenberg said ThrYve is “an ethos, meaning a way of being with each other on campus. It promotes thriving of the institution and thriving of the individual.”

Thriving is a measure of an individual’s overall wellbeing. Aligning with the BYU mission statement, ThrYve hopes to assist individuals in their quest for perfection and eternal life, said Rosenberg.

Public health professor Carl Hanson took the lead of the survey team and said they switched from a focus on “mental illness to mental wellness” to help achieve student thriving. “Thriving is much more than decreasing depression and anxiety. It includes success at BYU and achieving the mission of the university to help students achieve academically and move on into the world,” he said.

The public health department’s study focused on the mental health area of thriving by conducting a survey



Preston Crawley

A recent survey of BYU students is helping the school better understand the mental health of its students.

on mental illness, childhood experiences, life challenges and more. Some 555 students participated, all voluntarily. Once data was collected and analyzed, they wrote a report and shared it with Rosenberg.

The purpose of the survey was to understand the current state of students’ mental health. “It’s important to understand the problem first before you try to create solutions,” psychology senior Emily Freeman said.

Freeman has a passion for mental health and increasing awareness of mental illness in society. She said she hopes sharing this research with the university will make changes on campus and enhance the mental wellness of students.

Counseling and Psychological Services (CAPS) Director Steve Smith was heavily involved in the study and helped the team understand root causes and triggers of mental health challenges. Together they discussed possible solutions they can implement to help students improve their mental health.

A major discovery of the

study showed how improving cognitive appraisal and reappraisal skills decreases levels of anxiety and depression. According to Smith, cognitive appraisal is the ability to evaluate your thinking about a situation. Cognitive reappraisal is the ability to rethink a situation and find alternative solutions. He said choosing to look at situations with different perspectives can lead to different outcomes emotionally and result in a better mental state.

With the amount of pressure BYU puts on students, and students put on each other, Smith said he is not surprised anxiety and depression rates are high. He said individuals with predispositions to mental health conditions will feel the pressure, and it can trigger greater struggles for students.

The study gave the team a broad understanding of demographics and factors contributing to challenges students face. Freeman said the study helped them identify the populations that are more vulnerable to mental health challenges and

highlight which factors are the biggest contributors to mental illness.

The qualitative data showed what students are dealing with and how it’s affecting them. The report displays the relationship between depression and anxiety levels and many factors including religious struggles, race, sexual orientation, emotional regulation, adverse childhood experiences and more. Generally, negative experiences led to higher rates of depression or anxiety, while an increase in positive elements of life decreased anxiety and depression.

Smith said CAPS is working on implementing these findings to better help students who come to them for help. One step CAPS has taken is administering QPR training for suicide awareness and prevention. Many faculty, staff, students and administration have gone through the training and will continue to be trained.

He urges students to reach out for help during this pandemic. COVID-19 has created a “sedating effect” for students by forcing them to stay home and limiting their ability to connect. Smith said this is negatively impacting many individual’s mental health on top of the normal stresses of college.

“There is no wait for services at CAPS,” Smith said. BYU and CAPS have many programs, resources and connections to help students enjoy their time at college and support them through the trials that can be found on the CAPS website. “Our goal is to help students cope more effectively in all areas.”

BYU has also paid for every student to download the app Sanvello for free. Smith said Sanvello is a great resource of on-demand support for stress, depression and anxiety.



Hannah Miner

BYU-owned Aspen Grove is located in Provo Canyon. Some students who have tested positive for COVID-19 have been sent here to isolate.

## BYU using overflow for COVID isolation housing

By ANDREA CABRERA

On-campus isolation housing is reaching capacity, and BYU has started sending students to overflow isolation at Aspen Grove.

The university started using the overflow housing around the same time total COVID-19 cases at BYU broke the 1,000 mark.

Part of BYU’s isolation protocol includes moving Helaman Halls residents with COVID-19 into designated isolation hallways at Heritage Halls. The overflow plan includes using Aspen Grove — a BYU auxiliary facility near Sundance with 50 cabins, a kitchen, dining hall, restrooms and other recreational facilities.

“We’ve only had three students that have been sent to Aspen Grove because campus was full, and all three of those students have already left,” said Aspen Grove Director Craig Freeze. “The university has been able to handle almost all of the cases on campus.”

Aspen Grove has 12 full-time year-round employees who are coordinating the Aspen Grove isolation housing including food preparation, delivery, custodial and sanitization.

Currently, there are three open positions at Aspen Grove in BYU Y-Jobs: receptionist,

custodial worker and food service.

“Unless things change, these numbers are showing that we may get more students that are being asked to isolate here,” said Freeze. “We’re looking for anyone that’s willing to help in dining services or food services as well as custodial.”

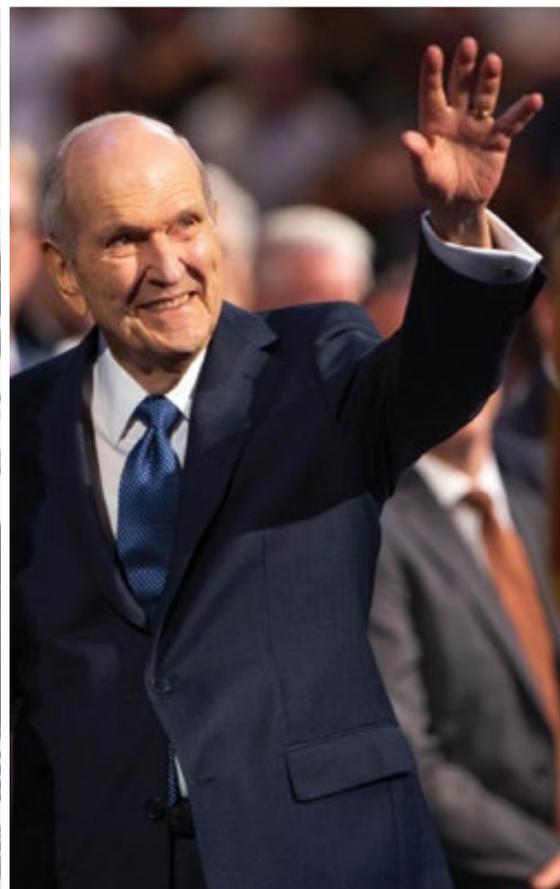
Freshman Tyler Bannon, a Heritage Halls resident, was one of the three students asked to isolate at Aspen Grove. He tested positive for COVID-19 Thursday, Sept. 17 and moved to Aspen Grove Sunday, Sept. 20.

BYU spokeswoman Carri Jenkins said students without a car will have transportation provided for them to get to Aspen Grove. Bannon and his roommate used this transportation Sept. 20 with another male student.

Unlike students isolating at Heritage Halls, Freeze said students isolating at Aspen Grove receive “via ongoing text communications” to ensure students are OK. “The manager of Aspen Grove (was) very, very proactive about making sure and saying, ‘hey, if you guys need anything, just reach out to us, we can help you out,’” said Bannon. “If students start to learn that they can isolate at Aspen Grove versus on campus we might start being the place they want to go because it’s so beautiful,” said Freeze. “We just are here to help the university in any way we can.”

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