



Support group

BYU counseling provides helpful platform for young mothers

Page 3



Tournament

Men's basketball heads into WCC tournament with high spirits and expectations

Page 5



Vaccine in Provo

Students reflect on receiving the COVID-19 vaccine

Page 8

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March 2 - 8, 2021

THE UNIVERSE

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Brigham Young University
Provo, Utah

BYU report details racism on campus, offers solutions

By SYDNEE GONZALEZ

"I am fearful," "I have no power," "I had to prove myself and still do," "I feel oppressed here," "I got baptized in racism when I came to BYU."

This how members of BYU's Black Student Union described their experiences at BYU to the BYU Committee on Race, Equity and Belonging, which released a comprehensive report on race and belonging at BYU along with 26 recommendations for the university on Feb. 26.

The committee was created last June following a nationwide demand for racial equality and social justice sparked by the deaths of George Floyd, Breonna Taylor, Ahmaud Arbery and, closer to Provo, Bernardo Palacios-Carbajal.

Campus environment

While conducting the report, the committee reviewed more than 500 online submissions of experiences and perspectives and conducted multiple meetings with students, alumni, faculty, staff and administrators to better understand the experiences of people of color on campus and how the university can create a more safe and welcoming environment for people of color.

The report describes BYU as an isolating place for students of color and, at worst, a sometimes hostile one. Specific incidents described by students in the report include white students dressing up as "savages" for Halloween in Helaman Halls, a faculty member chastising a Latino student for speaking Spanish before class and an incident where a student used a racial slur describing Black people multiple times in response to a professor's question.

"BYU's Black, Indigenous and people of color (BIPOC) students shared that their daily lives at BYU are too often marred by marginalizing comments, otherizing questions and exhausting racial slights. These have



Sydnee Gonzalez

The BYU Committee on Race, Equity and Belonging released a 60-page report and 26 recommendations for the university on Feb. 26 after months of meeting with members of the campus community, conducting research and reviewing submissions from campus community members.

come from roommates, classmates, church congregations and faculty members," the report says.

BYU Counseling and Psychological Services psychologist Louise Wheeler, who has worked extensively with students of color, told the committee that many students of color expressed not knowing where to go on campus for support. "I hear this from students of color multiple times a week."

She said many students of color feel a lot of stress regarding the rise of alt-right movements and groups like DeZNat within the university student body. This includes worries about physical safety and things that might be said or done in classrooms, church or other settings.

"I have heard so much more about (these concerns) this year than in the past. This has led many of the students I have worked with to tell friends and siblings to not attend BYU," Wheeler

said in the report.

Along with mental and emotional health impacts, the committee found that the campus environment was detrimental to their spirituality.

"BIPOC students express pain and sadness because they came to BYU with hopes of having an intellectually invigorating and faith-promoting experience but instead found their testimonies weakened," the report states, adding that many students requested the development of classes that would address race in the Church.

The incidents students described stemmed from both ignorance and hostility.

Academically, students of color may also suffer. The report found that "few, if any, prestigious scholarships are awarded to incoming BIPOC students" and that BYU admissions policies "negatively impacts the number of BIPOC students applying to (and

therefore admitted to) BYU."

The racial diversity among the student body — which is 81% white, 6% Latino, 4% mixed-race, 3% Asian and Pacific Islander, 1% Black and less than 1% Native American — greatly contributes to feelings of isolation among students of color, according to the report.

The report concluded that racial minorities are highly underrepresented in the student body and that the trend is worsening.

"We recognize that the consideration of race and ethnicity in college recruitment and admissions is an area of law and policy that is challenging and potentially divisive," the report states. "As we have sought to understand the parameters and rationale for BYU's related policies, we found these to be opaque."

See RACISM on Page 4

Potential minimum wage increases could 'kill' Utah small businesses

By CASSIDY WIXOM

K's Japanese Kitchen owner Phil Stevenson said a minimum wage increase would kill his business.

Stevenson and his wife run their restaurant located on Provo Center Street. He is worried for what might occur if lawmakers increase the minimum wage.

"I have only very few options," he said. Reducing hours, cutting staff and raising prices are the only ways he would be able to keep his business afloat.

"With Democrats in power, I think they're going to pass something. It scares me to death," he said.

President Joe Biden proposed legislation to raise the federal minimum wage to \$15 per hour, but the Senate parliamentarian ruled on Feb. 25 that the proposal cannot be part of a COVID-19 relief bill. It remains to be seen if a stand-alone bill to increase the minimum wage will be drafted.

Sens. Tom Cotton, R-Ark., and Mitt Romney, R-Utah, are proposing to gradually increase the federal minimum wage to \$10 per hour by 2025.

Stevenson said a national minimum wage "is a real dumb idea" because the cost of living is different in every city or state.

Although he opposes the minimum wage in general, Stevenson said if the minimum wage has to be a thing, it should be "locally governed, locally decided."

Utah Governor's Office of Economic Development Executive Director Dan Hemmert said small businesses "bear the brunt of minimum wage increases more than anyone else."

David Peterson owns the Soap Factory, a small business in Provo where customers create their own unique soaps. Already a low-margin business, Peterson said he makes almost no profit from the Soap Factory.

Peterson is worried that for his business to survive, he would have to raise prices significantly which could "alienate" lower income customers, like high school and college students



Cassidy Wixom

Phil Stevenson prepares his restaurant K's Kitchen to open for the night shift. Stevenson is worried a minimum wage increase will force him to fire employees, raise prices and reduce hours further than he already has due to the pandemic.

who he said are his most supportive customers.

Reducing hours would mean his business would have to close on week-days which Peterson said could deter youth groups, treatment center patients and tourists from attending.

A minimum wage of \$15 per hour would force the Soap Factory to become a "zero employee business," he said. Eventually, Peterson said people will go to a "fully-automated" Soap Factory with no employees on site, "and I'm guessing we won't be the only place that happens."

Hemmert said Utah would eventually adapt to a minimum wage increase, but most likely it would be met with negative responses and small businesses in particular would struggle.

While it is hard to know what will actually happen if the minimum wage is increased, Hemmert said such an increase can influence the rate of inflation.

When the minimum wage is increased, the cost structure for businesses goes up to offset rising business prices, Hemmert said. When this occurs across businesses and industries,

prices inflate and cancel the value of the increasing minimum wage.

"It doesn't really accomplish what you are trying to accomplish because the offsetting inflationary pressure from that increase in the minimum wage and increase in cost and business negates itself," he said.

Hemmert said because the cost of living is so different in each state, he thinks states should make decisions on the minimum wage rather than letting the federal government dictate it.

"We don't need the federal government weighing in on this," he said. "We don't need a one size fits all approach."

In the Utah Legislature, Rep. Clare Collard, D-Magna, and Rep. Ashlee Matthews, D-West Jordan, both have bills in the House that would raise Utah's minimum wage.

Collard's bill would "incrementally" increase Utah's minimum wage over the next five years bringing it to \$15 by 2026. It would also raise tip workers' minimum wage to \$5.

"We haven't raised the minimum wage since 2008. We are way behind," Collard said. Utah's minimum wage is

the same as the current federal minimum wage, \$7.25 per hour.

She said there are around 19,000 employees making minimum wage in Utah and many are trying to support their families on it.

"These incremental raises would go a long way in eradicating generational poverty and would raise a lot of people out of poverty," she said. Raised wages, she said, also lessen the need for a social safety net such as food stamps.

According to Collard, many states and municipalities have raised the minimum wage and now their communities are thriving. She said when people are paid more, they are spending more and that spending then goes back into the community.

Collard's bill was tabled on Feb. 25 in the House because of fears it would hurt the economy and small businesses.

Matthews' bill proposes a gradual minimum wage increase to \$11.75 by July 2028 and then yearly adjustments for inflation would follow. Her bill categorizes some areas of the state as a "nonurban county" or "urban growth boundary" where the required minimum wage would be slightly less to account for cost of living differences within the state.

Many small businesses are struggling to stay open because of the COVID-19 pandemic, and Stevenson said adding minimum wage increases on top of already-struggling businesses will be chaos.

"You've already got people who don't have jobs or need jobs and now you're gonna cut hours or get them fired?" he said. "If they do this now and kick us right in the gut again, it's going to be very difficult."

Hemmert said he thinks now is not the time to be increasing the minimum wage.

"You have people who are barely hanging on right now or are trying to work through a recovery in their own businesses, and if you slap a minimum wage increase on them, what it does is you just raised the cost structure significantly," he said. "You just punched them in the gut again."

Utah grocers hesitant to speak on vaccination plans

By CASSIDY WIXOM

Most grocery stores in Utah are not talking about whether they are prioritizing COVID-19 vaccination for their workers.

Many grocery store workers around the country are feeling "forgotten" as essential workers because they are left out of vaccination roll-out plans, according to the New York Times.

Grocery store workers are exposed to hundreds of people every day. Grocery stores were also one of the few services not shut down when the pandemic hit. This caused many stores to take extra safety precautions such as increased sanitation, added safety equipment, required mask-wearing and social distancing.

Some grocery stores provided temporary hero or hazard pay to employees during 2020 and others, such as Aldi or Trader Joe's, more recently have issued incentives for workers to receive COVID-19 vaccinations.

For some Utah grocery stores, vaccination for workers is not a priority.

Major Utah grocery stores in the Provo-Orem area were unwilling to talk about their policy regarding vaccination of their workers. The Daily Universe reached out to Smith's, Harmon's, Macey's, Fresh Market, Costco, Walmart, Trader Joe's and Sprouts Farmers Market. Some did not respond to the inquiry at all while others said they did not have time or were not interested in an interview.

The Utah Food Industry Association and the Utah representative from United Food and Commercial Workers also declined requests for interviews to discuss vaccination of Utah grocery workers.

Independently-owned grocery stores, however, were willing to talk about their workers.

South End Market owner Jake Gaskin said he will let his workers choose whether or not they receive a vaccine.

Although his store is small in comparison to chain grocers, Gaskin said he has had no employees come to him with concerns about not being able to receive the vaccine.

While most grocery stores saw huge profits when the pandemic hit, Gaskin said his store lost a lot of business because many BYU students moved home.

Day's Market in Provo had an increase in sales during the first few months of the pandemic. The biggest challenge for them has been procuring products because they are lower on the food chain than nationwide grocery corporations.

Day's Market store director Brock Day said some of the topline management team has received hero pay and multiple other workers have received COVID-19 pay when they've tested positive.

He has not prioritized vaccination for his workers or given any incentives to be vaccinated.

Day said none of his employees have vocalized frustration in not receiving the vaccine, so he thinks it is OK that grocery workers were not specifically included in the vaccination plan.

In Utah's vaccination rollout plan, vaccine eligibility is no longer based on type of employment but on age and medical conditions.

Utah Health Department spokesperson Jenny Johnson said those are the individuals who are at the highest risk of severe illness from the disease and deserve the vaccine first.

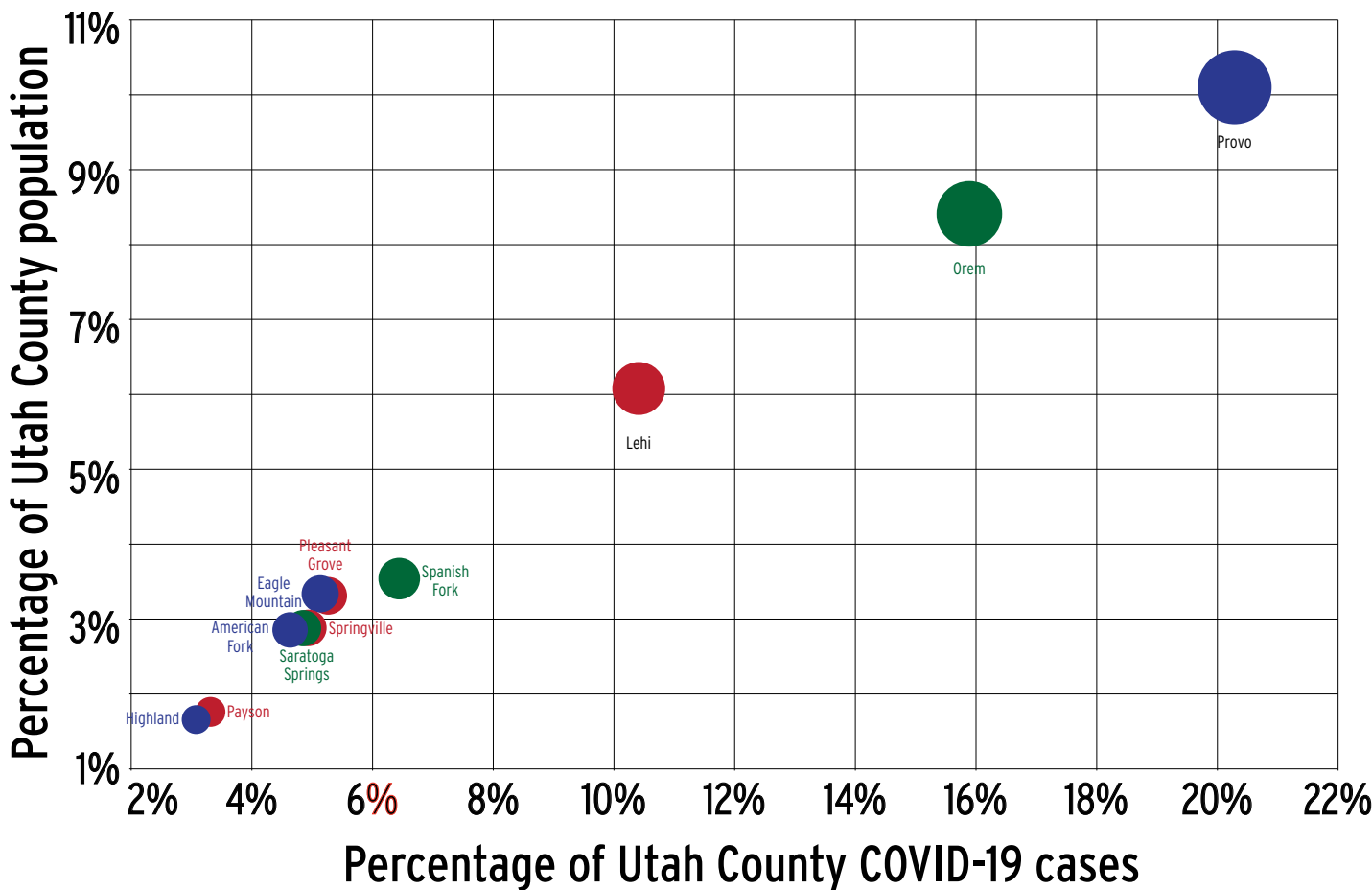
"For those who are so, so medically frail, they are the ones that need the vaccine first," Johnson said. "Those are the people we have to help right now."

If a grocery store worker falls under the eligibility requirements, then they can receive the vaccine.

Read a Spanish translation of this story at unvr.se/spanish.

COVID-19 OUTBREAK

Case and population rates in Utah counties



Data provided by the Utah County Department of Health measuring the percentage of cases in each county and the percentage of cases to the population from Feb. 12-Feb. 25.

Allie Peterson

BYU cancels summer study abroad programs

By CASSIDY WIXOM

International study abroad programs at BYU are now canceled for the upcoming Summer Term because of COVID-19 travel restrictions.

International Study Programs director Lynn Elliott said while U.S. government travel limitations have some effect on the decision to cancel, “the bigger challenge is many of the places we send our study abroads to

aren’t keen on having large groups of Americans come in right now.”

Elliott said they decided to cancel the summer programs because it is unknown when these travel restrictions in different countries will be lifted. “We felt like now was a better time to cancel. We couldn’t see how it could get better enough, soon enough that it would justify waiting.”

However, Elliott said they are “really optimistic” Fall Semester programs will be able to continue as planned.

Utah governor predicts gathering without masks by July 4

ASSOCIATED PRESS

Utah Gov. Spencer Cox doubled down Feb. 25 on his prediction that there will be gatherings without masks by the Fourth of July, contrary to predictions from the nation’s top infectious disease expert, Dr. Anthony Fauci.

Cox told reporters that he’s feeling optimistic about the nation’s vaccine rollout and expects mass gatherings could be held without masks this summer. His

comments contradict predictions from Fauci who said earlier this week that Americans may still be wearing masks outside their homes in 2022.

Cox tweeted on Feb. 23 that he is “baffled” by pessimism coming from Washington.

Cox announced Feb. 25 that Utah residents 16 and older with certain health conditions can make appointments to be vaccinated immediately. The group was initially expected to be able to get vaccinated starting March 1.

April 2021 commencement will be virtual

By ALLIE RICHAEAL

BYU commencement ceremonies on April 22 will be held virtually in compliance with government and Church guidelines.

Commencement exercises and speeches will be broadcast live on BYUtv.

Academic Vice President Shane Reese said this news may be disappointing to graduates and their loved ones and that the decision was not taken lightly.

“We look forward, however, to the opportunity to recognize our outstanding students as graduates with perhaps ‘less pomp, but more circumstance,’” Reese said. “Our COVID circumstances have provided opportunities for unique recognitions that are commensurate with our truly remarkable graduates.”

General information on graduation is available on the enrollment services website. More details on the commencement program and convocations are to come.

First US J&J vaccine done shipping Sunday night

ASSOCIATED PRESS

WASHINGTON — Nearly 4 million doses of the newest COVID-19 vaccine started shipping on Feb. 28, and will begin to be delivered to states for injections starting on March 2.

The White House said the entire stockpile of the newly approved single-dose Johnson & Johnson vaccine will go out immediately. J&J will deliver about 16 million more doses by the end

of March and 100 million total by the end of June, but the distribution would be backloaded.

Though the new shot is easier to administer and requires only one dose, the administration is not altering its distribution plans.

The White House is encouraging Americans to take the first dose available to them, regardless of manufacturer.

Advisers to the Centers for Disease Control and Prevention voted overwhelmingly to recommend the vaccine for adults 18 years old and up.

Outside the outbreak

From the Associated Press



Jazz say they will investigate allegation of bigoted comment

The Utah Jazz said they will “thoroughly investigate” an allegation from former NBA player Elijah Millsap that longtime team executive Dennis Lindsey directed a bigoted statement toward him during an end-of-season exit interview in 2015.

Millsap, the brother of former Jazz standout and current Denver forward Paul Millsap, made the allegation in a tweet Wednesday. Millsap alleged that Lindsey, then the team’s general manager, said “if u say one more word, I’ll cut your Black ass and send you back to Louisiana.”

Lindsey, now the team’s executive vice president, has denied saying that.



New ‘Utahraptor’ state park could be coming to Moab area

Arches National Park may soon have a new neighbor, due to a new bill heading through the Utah legislature.

“Utahraptor State Park,” proposed by Rep. Steve Eliason, R-Sandy, would be a new recreational area in Moab and Utah’s 44th state park, comprised of 6,500 acres, trails of every kind and campgrounds, the Spectrum newspaper reported.

“This bill has been over 100 million years in the making, and its time has come,” Eliason said on the House floor on Feb. 23.



UN: At least 18 killed by Myanmar forces in protests

Security forces in Myanmar opened fire and made mass arrests Feb. 28 as they sought to break up protests against the military’s seizure of power, and a U.N. human rights official said it had “credible information” that at least 18 people were killed and 30 were wounded.

That would be the highest single-day death toll among protesters who are demanding that the elected government of Aung San Suu Kyi be restored to power after being ousted by a Feb. 1 coup. About 1,000 people are believed to have been detained Feb. 28.

“Deaths reportedly occurred as a result of live ammunition fired into crowds in Yangon, Dawei, Mandalay, Myeik, Bago and Pokokku,” the U.N. Human Rights Office said in a statement referring to several cities, adding that the forces also used tear gas, flash-bang grenades and stun grenades.



Hundreds of Nigerian schoolgirls taken in abduction

Gunmen abducted 317 girls from a boarding school in northern Nigeria on Feb. 26, police said, the latest in a series of mass kidnappings of students in the West African nation.

Police and the military have begun joint operations to rescue the girls after the attack at the Government Girls Junior Secondary School in Jangebe town, according to a police spokesman in Zamfara state, Mohammed Shehu, who confirmed the number abducted.

Resident Musa Mustapha said the gunmen also attacked a nearby military camp and checkpoint, preventing soldiers from interfering while the gunmen spent several hours at the school. It was not immediately clear if there were any casualties.

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Church charities give \$20 million to help send vaccines globally

ASSOCIATED PRESS

SALT LAKE CITY — The Church of Jesus Christ of Latter-day Saints announced Feb. 26 it has donated \$20 million to help a program aimed at distributing coronavirus vaccines to poor countries around the world.

A donation from Latter-day Saint Charities is going to UNICEF as part of the organization’s work with the United Nations-backed COVAX initiative, which this week sent its long-awaited first deliveries to Ghana and Ivory Coast.

Officials have hailed the initiative as the first deliveries of the vaccine to poor countries during an ongoing outbreak, but it has been hampered by limited global supply of doses and logistical problems.

The effort’s goal is to deliver 2 billion shots this year to world’s most vulnerable people in low- and middle-income countries. Church officials hope the program helps children in these countries, where programs run by other organizations that provide children with health, nutritional and educational services have been disrupted.

HIGHLIGHTS FROM BYU COLLEGES

CAPS introduces young mothers support group



Sydnee Gonzalez

Student mothers with children 2 years old and younger can now join a young mother’s support group put on by BYU Counseling and Psychological Services. The group hopes to provide a space to address topics like post-partum mental health, adjustment to parenthood and expectation management.

By ELENA CASTRO

BYU Counseling and Psychological Services introduced a young mothers’ group to support student moms with children 2 years old and younger. Young mothers interested in joining the group can contact the CAPS front desk and ask for a group referral. The group meets on Friday mornings from 10 to 11:30 a.m. over Zoom. “We have such rampant perfectionism at BYU that there are a lot of moms trying to be the perfect student, the perfect mom, the perfect wife and there’s just not enough of that 100% perfect to go around.” CAPS clinical professor Lesli Allen said. This perfectionism leads to a lot of shame and guilt, she said. It was her goal to provide a place for people to come and

talk and see that they are not alone. Allen said she wants young mothers to recognize that there are reasons for their feelings and behaviors. For example, there are biological reasons for postpartum depression, as well as their bodies changing due to hormones. New mom Audrey Gabrielson said she does wish she could talk with other moms who are in similar situations. She wishes the world were in a state to have playgroups so her daughter could experience playing with other kids. Some of her motherhood struggles have been sleep training and dealing with other people’s criticisms, she said. “Even though being a mom is so hard, I wouldn’t trade it for the world.” CAPS is offering 32 different therapy groups this semester in addition to the young

mothers’ group, certified group leader Kristina Hansen said. Some of these groups are for specific topics and others address general mental health and relationship concerns. Hansen said students are often less familiar with group therapy than they are with individual therapy when they come to CAPS seeking services. “Group therapy is similar to individual therapy in that group therapists also work to create a space (whether in-person or virtual) that allows for open discussion of difficult issues and provides some safety and security for addressing those issues,” she said. Group members reported they are experiencing similar benefits to the traditional in-person format. Some group members even like their virtual groups better than in-person groups, Hansen said.

BRIGHAM YOUNG UNIVERSITY New Supply and Logistics Managing Director



Paul Buckner
“Paul’s relevant and progressive years of experience, coupled with his enthusiastic desire to build from the great foundation in place in this division, make him an ideal person for this role,” Administration Vice President Steve Hafen said. “He will continue to actively seek operational improvements while delivering best-in-class service to the various audiences that the supply and logistics team serves across the campus.” Buckner succeeds Tim Hill, who is retiring in March after working for the Church and for BYU for more than 40 years.

MARRIOTT SCHOOL OF BUSINESS Professors commissioned for military ethics guide



Leaders of America’s Special Operations Command commissioned two Brigham Young University professors to write an ethics guide for their soldiers. Marriott School of Business professors Brad Agle and Aaron Miller published “The Business Ethics Field Guide” in 2016. Army Reserves colonel Brian Ray, regularly uses Agle and Miller’s book to teach his ethics courses and has applied it to not only business ethics but to battle models. Ray and command chaplain colonel George Youstra asked Agle and Miller to create an updated version specifically to help Navy SEALs, Green Berets and other special operators being faced with split-second ethical

decisions. “We’ve had some very experienced Special Operations Forces operators tell us that this is really important and something they have needed,” Agle said. “It’s an honor to provide it for them. There are so many ethical dilemmas faced by our forces that aren’t clear-cut and our guide is there to help.” Agle and Miller’s military ethics guide was published in late 2020 and is now being used for training personnel from the Army, Navy, Marines and Air Force. “More important than finding the ‘right’ answer is how you process and work towards making the best decision while remembering all the implications that our decisions carry,” Youstra says in the forward of the new guide.

COLLEGE OF FINE ARTS AND COMMUNICATIONS

BYU student’s exhibit on grief wins art awards



Myleka Bevans
A senior art student’s exhibit on grief has led to many successes. “Encounters with Grief” was Myleka Bevans’ way of sharing her experience with losing her five-day-old daughter in 2016. Bevans worked on the exhibit for roughly 18 months, collecting objects including sympathy cards and stuffed animals. Bevans’ hard work paid off when she was featured by a prestigious art account, The Jealous Curator, which has never before featured a student’s work. Becoming the Utah Museum of Contemporary Art resident later this year and winning an award from the BYU student journal Inscape are just two other accolades Bevans has accumulated for the work. Bevans also connected with other grieving individuals who found an outlet in Bevans’ work. “My artwork was this floodgate for these people to have an outlet for their grief,” Bevans said. “When someone you love dies, it becomes vividly clear that there are people who love you.” Bevans will graduate from BYU with her Bachelor of Fine Arts in April.

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Elder Gary E. Stevenson
Of the Quorum of the Twelve Apostles

Elder Gary E. Stevenson was called to serve as a member of the Quorum of the Twelve Apostles in October 2015. At the time of his call to the Twelve, he had been serving as the Presiding Bishop of the Church since April 2012. In April 2008 he was called to the First Quorum of the Seventy and served as a counselor and later as president in the Asia North Area Presidency. His previous Church service includes full-time missionary in the Japan Fukuoka Mission, ward Sunday School teacher, high counselor,

bishop, stake presidency counselor, and president of the Japan Nagoya Mission (2004-2007). He received a bachelor of science degree in business administration from Utah State University. He cofounded an exercise equipment manufacturing company, ICON Health & Fitness, Inc., for which he served as president and chief operating officer until 2008. He was also involved in numerous civic activities and has served on various boards and advisory councils. He and his wife, Lesa, are the parents of four sons.

Selected speeches available at speeches.byu.edu

NEXT: UNIVERSITY DEVOTIONAL

Janalee Emmer
MoA Associate Director of Exhibitions & Programming



March 9
11:05 a.m.

BYU student teachers adapt and thrive in pandemic-era classrooms

By MOLLY OGDEN WELCH

BYU elementary education senior Rachel Halversen did not know what to expect going into Winter Semester. After almost a year of doing classes online, students like Halversen have gotten used to the online format of remote learning, but this final semester was different — her student teaching semester.

“I was so nervous,” Halversen said. “I was expecting this semester to be rough. I didn’t know how online classes would affect what we are doing. I didn’t know what I was going to be teaching or how I was going to be teaching it.”

Halversen student teaches in-person for a 6th-grade class at Orchard Elementary School in Orem and has seen first hand the challenges that teachers face in doing their jobs during the COVID-19 pandemic.

“Our classroom is very small, but we have a lot of children. By having to spread their



BYU Photo/Nate Edwards

Students on the BYU campus wear masks and social distance during class. Just as BYU students have had to adapt to COVID-19 restrictions, so have K-12 students, their teachers, and even the students teachers assigned to work in classrooms across Utah Valley.

desks out so much, it makes the room so crowded,” Halversen said. “There’s no room to move around or do activities in other parts of the classroom because there are desks everywhere. This results in the students having to be at their desks all day and that’s not great for

their learning.” Other challenges include making sure that kids are not cheating and that they are keeping up with the material that they are learning. “I have found that the majority, even my hard-working students, did not learn as much as

they could have if they’d been in school. This creates huge learning gaps between my students who have been (in the classroom) all year and those who haven’t,” Halversen said. With so many setbacks and adjustments in education because of COVID-19, teachers

have had to come up with creative solutions to help their students progress and grow. BYU education professor and Provo School District student teaching supervisor Cecilia Pincock said teachers have to be adaptable and flexible. “You have to understand that (education) is an ever-changing profession,” Pincock said. “Teachers are trying to find new ways to teach students while not in the usual environment, so they just have to learn to be flexible and have that open mind.”

Pincock said student teachers have been able to use what they learned at BYU and tailor it to their unique situations.

“Even though the unknown is the hardest thing for them, they have been able to use technology and much more creative ways to try to expand their knowledge and their strategies and to meet the needs of the kids in different ways,” Pincock said. BYU professor of dance education Kori Wakamatsu

supervises many of the student teachers coming from her program. Like Pincock, Wakamatsu is proud of the work that student teachers are doing in spite of the pandemic. “Every day is unpredictable in a normal student teaching experience,” Wakamatsu said. “This is exponential and so magnified for our student teachers, (that we) really look at them, and teachers in general, as superheroes.”

Despite all of the challenges with COVID-19 restrictions, student teachers have found joy and gratification in their work. Halversen said she hopes to bring tools from her student teaching experience into her education career.

“If there’s any message that I’d want to share, it’s just that we need good teachers,” Wakamatsu said. “I think the pandemic revealed that more than anything. It revealed how wonderful and how much impact a good teacher has, and that a good teacher has made the difference in a lot of lives during the pandemic.”

BYU experts share how to use technology to improve mental health

By EMILY ATWOOD

BYU professors and other technology experts have noticed the effects that technology and social media have on mental and physical health in recent years.

Because of increased online interactions during the pandemic, many are experiencing negative effects on their mental health, such as feelings of isolation, depression and anxiety, according to the Centers for Disease Control and Prevention.

According to BYU experts, there are ways for people to use technology to improve their mood and keep mental health in check despite the circumstances.

School of Family Life associate director Sarah Coyne studies the effects of media on children and families, including media violence, video game addiction and gender and body image.

In 2019, Coyne completed a study that found it is not the amount of time spent on technology and social media that affects mental health. Instead, it is the way someone spends screen time — whether they are “active” or “passive” users.

Coyne said actively interacting with positive content and liking, sharing and uplifting others virtually constitutes “active” use, which is a healthier way to interact online than the “passive” behaviors of observing and scrolling.



Whitney Bigelow

BYU technology experts say active, positive use of screen time to make and maintain connections can help boost mental health during COVID-19 distancing and isolation.

“It’s important to be really mindful of your social media use and making sure that we are not just scrolling,” Coyne said.

The amount of time one spends on screens has increased with online school, work and social lives. Coyne said this increase makes young adults more likely to be “passive” users of technology.

School of Family Life professor Quintin Hunt also researches media effects on health, especially relating to mental health and suicide. He said using technology to connect with others during this time in positive ways can help boost our mental health.

Madelyn Neeley, a senior studying editing and publishing, said she has personally observed her peers and herself

feeling the effects of technology and isolation. While Neeley has some in-person classes, she said she struggles when she is doing online classes all day.

“It’s so hard to work up the motivation to really engage with the class. It’s hard to find energy to really do anything because I am not getting that social interaction that I really want that helps me actually enjoy the class,” she said.

Neeley tries to get out with friends when possible while following COVID-19 precautions, she said.

Hunt stressed the importance of staying connected to others and valuing our own relationships despite physical distance. “Never be afraid to reach out to somebody about their mental health.”

Bill regarding transgender healthcare fails to pass committee

By LINDSEY REESE

A bill that would have made amendments to Utah’s current laws surrounding the healthcare of transgender youth failed to pass a Utah House committee.

HB92 is sponsored by Rep. Rex Shipp, R-Cedar City, and Sen. Curt Bramble, R-Provo. The bill would outlaw certain medical procedures on teenagers 16 and younger. The bill states that it is “unprofessional conduct to perform a medically unnecessary puberty inhibition procedure or a sex characteristic-altering procedure on a minor.”

The bill was hotly debated by constituents, who sent in emails with their opinions on both sides of the issue. Shipp said the bill was ultimately created to protect children. He went on to say that puberty blockers and other means of medical treatment are harmful with irreversible effects.

Shipp brought in a member of the American College of Pediatrics to discuss why such healthcare policies would harm youth. The American College of Pediatrics is classified as a hate group by the Southern Poverty Law Center because of anti-LGBT policies.

Many transgender activists in Utah heavily disagreed with the bill and what it would mean for transgender youth across the state. Equality Utah released a blog post and accompanying



Savannah Hopkinson

Patrons enjoy the fifth annual Provo Pride Festival, held outside the historic Utah County Courthouse on Sept. 16, 2017. HB92 would have prevented gender confirmation treatments on minors under the age of sixteen in Utah. *Read a Spanish translation of this story at unvr.se/spanish.*

video celebrating the bill’s failure to move forward. “This bill would have prohibited doctors from treating transgender children with evidence-based care,” the statement says.

Troy Williams, executive director of Equality Utah, also posted a video statement expressing support of the bill’s defeat. “This is a great victory for transgender children in the state.”

Gov. Spencer Cox also gave

his own opinion about the bill, saying that the bill had “many flaws.” He said he hopes that with editing the bill could return and be more acceptable to the LGBT community.

The bill ultimately failed in a 10-3 committee vote, sending the bill back to the rules committee effectively killing the bill. As many activists celebrate, others hope that progress on this issue will still be able to move forward in the future.

RACISM

BYUs efforts to promote inclusivity

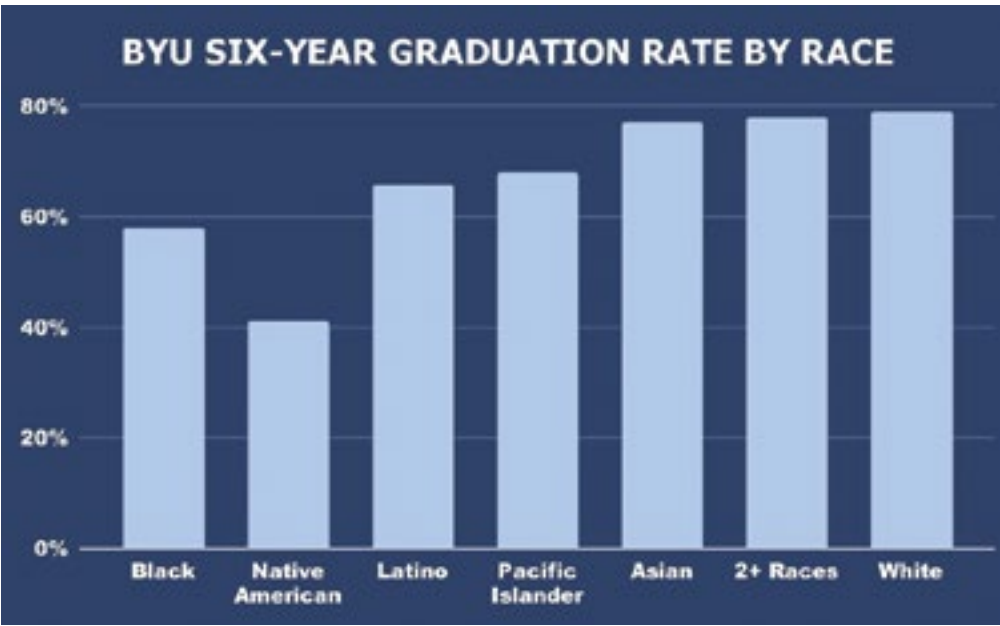
Continued from Page 1

The university also struggles to retain students of color once they are admitted. The overall six-year graduation rate for nearly all students of color identifying as a single race at BYU is significantly lower than multiracial and white students, according to the report.

The report found that faculty of color also experience racism both on a structural and individual level at BYU. Faculty of color on the continuing faculty status track make up 6.4% of faculty. This is in comparison to a national average of 24% as of 2018. The committee determined the university does not follow best practices to attract faculty of color.

Likewise, faculty of color experience cultural taxation (the disproportionate burden placed on minority faculty to mentor and care for students and enhance diversity efforts within the university), racism in student evaluations and fewer opportunities for leadership.

In fact, the report found that among the university’s various vice presidents and directors, there is only one



Sydnee Gonzalez

Data from the Report and Recommendations of the BYU Committee on Race, Equity and Belonging shows that Black, Native American and Latino students are less likely to graduate.

administrator of color serving in a leadership position.

The report states that although entities like the Office of Inclusion and Student Success or individual colleges and departments may address cross-cultural competency, BYU has no formal training mechanisms on addressing race, racism, diversity and inclusion at the university level.

“There appears to be no cohesive ‘ownership’ or accountability for promoting an enriched environment or the values of racial equity and belonging at BYU,” the report says.

The committee concluded that this shortcoming perpetuates a culture in which students of color feel unsafe, overall campus unity suffers, and students and employees of color do “extra, frequently unpaid and invisible labor” to supplement cross-cultural competency education.

Recommendations for change

The committee’s report included 26 recommendations broken into three categories: institutional and organizational reforms, student belonging and equity reforms, and faculty reforms.

The institutional recommendations include the creation of a central Office of Diversity and Belonging and a new position for a vice president of diversity and belonging who would oversee the office; extensive diversity and inclusion training for students, faculty and employees; and curricular changes to general education, religion and elective courses that educate students on race, unity and diversity.

Student belonging and equity reforms include initiatives to attract and retain students of color, the creation of a discrimination reporting

process, a holistic approach to selecting scholarship recipients, the creation of scholarships honoring early Church members of color, and a review of Honor Code dress and grooming standards to ensure cultural competence and sensitivity.

Faculty recommendations include providing current faculty of color with opportunities to serve in senior university leadership positions, designing a model to identify qualified people of color for faculty positions, programs that support students of color interested in pursuing careers in academia and designing a plan to “alleviate the ‘cultural taxation’ burdens carried by BIPOC faculty at BYU.”

The committee also outlined a series of options for how BYU could engage historical issues of racism and BYU building names and “effectuate historic and transformative change.” These options include creating a memorial and endowed professorship honoring early Church members of color; developing a land acknowledgment statement recognizing campus is set on Ute, Paiute and Shoshone lands; renaming all buildings to functional names; and including a memorial in buildings named after people to provide the background of the individual.

Looking toward the future

BYU President Kevin J

Worthen applauded the committee’s report in a press release, saying the committee “provided an example of how these important conversations can transform both institutions and individuals.”

“The university will be a better place going forward because of their efforts,” Worthen said.

The report stresses that while implementing the committee’s recommendations will improve the experiences of people of color in the campus community, it will also prepare all students “to identify and root out racism wherever it is found as they go forth from BYU to serve.”

The press release also stated that some of the recommendations, such as changes to curriculum and establishing college-wide statements on race and belonging, are already in process.

The committee did not suggest a deadline for the university to review and implement its recommendations but called on the BYU community to “work expeditiously and without delay.”

“While recent events were the catalyst for the current effort, as a committee, we have understood our charge as beginning an effort that must be sustained on an individual as well as institutional level — as the responsibility of each member of the BYU community — if we are to create lasting change,” the committee said.

'Business not done' as BYU men's basketball prepares for March

By CALEB TURNER

The BYU men's basketball team lost just one game in the month of February, but now it's March, and that means it's tournament time in college basketball.

The Cougars ended the regular season on a four-game win streak, peaking at the right time of the year as they head into the West Coast Conference Tournament on March 4-9, Selection Sunday on March 14 and the NCAA Tournament beginning on March 19.

BYU finished the season as the No. 2 team in the WCC, giving them a bye in the conference tournament until the semifinal on Monday, March 8, when they will take on Pacific, Saint Mary's or San Francisco. The Cougars are 6-0 against those three teams this season.

The Cougars will then likely face the No. 1 team in the nation, Gonzaga, in the conference championship. BYU lost to the Zags in both meetings this season.

No matter what happens in the WCC Tournament, TeamRankings.com gives BYU a 100% chance of making the NCAA Tournament for the first time since 2015. The site says the Cougars are most likely to be a six seed in the Big Dance, but could realistically go anywhere between five and eight.



Preston Crawley

The BYU men's basketball team huddles before a game against Saint Mary's in the Marriott Center on Feb. 27. The Cougars are a lock for the NCAA Tournament and looking to make some noise in March Madness.

Head coach Mark Pope and the Cougars would have likely made the tournament in his first year in 2020, but the COVID-19 pandemic shut down the sports world just days before Selection Sunday, leaving questions of what could have been and a hunger to make it happen this season.

"We're not letting COVID take another tournament from us," Pope said after the game against San Francisco on Feb. 25.

Two days later, following the regular season finale against Saint Mary's, Pope joked that he would be "fine with shipping (the players) off to federal

prison isolation," to keep them safe from COVID-19.

"I'm really prayerful that we'll get to Selection Sunday," Pope said. "These guys deserve it."

BYU managed to play an entire 24-game regular season without any shutdowns or missed games due to

COVID-19 within the program. Now the test comes to see if the Cougars can continue to stay virus-free through a grueling March filled with travel and multiple opponents in a short period of time.

The team has been led all season on and off the court by a trio of mature and determined seniors, all three of which transferred from other programs around the country. Brandon Averette, Alex Barcello and Matt Haarms were honored on Senior Night at the final home game against Saint Mary's and were given a chance to speak following the 65-51 win.

All of their messages to fans in the Marriott Center ended with the same words: "We're not finished yet and business isn't done." Barcello in particular, who was part of last year's BYU squad that had the tournament taken from them, drove the point home, ending his remarks with those words and laying the microphone down on the gym floor.

Barcello's creed came just two days after he set a new BYU record for consecutive 3-pointers made in a game with seven. Haarms gave Cougar fans flashbacks to Shawn Bradley with his blocking prowess against the Gaels on Senior Night just 48 hours later. The talent and determination are there for the Cougars, now it's time to put it to the test and survive the madness of March.



BYU Athletics

BYU cross country runners celebrate their WCC championships in front of the title banner. The men's and women's teams took home first place and look to make a run at a national championship in March.

Olympic overview: Cross country teams sweep WCC championships, men's volleyball makes history

By JEFF SALCEDO

The BYU cross country teams continued their sustained excellence with first-place finishes at the West Coast Conference championships and several other BYU teams were in action around the country.

Cross country

Both the men's and women's cross country teams took first place in the WCC championships on Feb. 24. The titles marked a six-year streak for the men's team and a three-year streak for the women's team.

The men's team had a score of 25 in the first-place finish with six Cougars finishing in the top 10.

Junior Conner Mantz led the way, finishing first overall with a 22:54.4 time.

Five others finished in the top 10 for BYU.

The women's team finished in first with a score of 28 and four Cougars finished in the top 10.

Sophomores Aubrey Frentheway and Anna Camp earned medal places, finishing second and third, respectively.

The men's and women's teams will look to add more silverware at the NCAA championships on March 15 in Stillwater, Oklahoma. The men's team is aiming to win back-to-back national championships, while the women's team looks to win a national championship after finishing as runner-ups last season.

Track and field

Nine Cougars moved up the BYU all-time rankings in the last week of the indoor track season at the Husky Classic and the Championships at the Peak on Feb. 25-27.

Five Cougars moved up in the women's mile, with senior Courtney Wayment moving into second in BYU history with a 4:30.47 time, good for the best time in the nation this season.

In the men's mile, freshman distance runner Lucas Bons' time of 3:55.45 moved him into second all-time in BYU history.

Junior mid-distance runner Claire Seymour moved into second all-time in BYU history in the women's 800-meter race with a 2:02.20 time, the second-best time in the nation this season.

Wayment also moved up in BYU history in the 800-meter, posting the 10th best time at 2:05.76.

Sophomore high-jumper Cierra Tidwell-Allphin cracked the top 10 in the women's high jump with a 1.80 meters mark to tie for 10th place in BYU history.

The next meet for the track and field teams will be the NCAA indoor track and field championships in Fayetteville, Arkansas on March 11-13.

Gymnastics

The No. 11 BYU gymnastics team narrowly beat No. 22 Utah State 196.926-196.6 on Feb. 26, posting the highest floor score at BYU since 2003 in the process.

The Cougars were trailing by .175 heading into the final rotation: the floor routines. BYU came through to take home the victory, posting the sixth-best floor score in program history with a 49.6.

Junior floor specialist Brittney Vitkauskas (9.950) and senior vaulter and floor specialist Avery Bennett (9.925) posted career-bests in BYU's comeback effort.

Junior vaulter and floor specialist Rachel Bain-Heaton tied her career high in floor with a 9.850. Bain-Heaton also had a career night in vault, posting a 9.800.

Senior all-around Abbey Milner-Alder led her team in floor with a season-high 9.975.

Men's volleyball

No. 1 BYU split its first road series of the season against No. 9 Grand Canyon on Feb. 25 and 27.

The Cougars got swept by GCU in the opening match of the weekend series.

The second set became the longest in NCAA history at 88 total points, beating the previous record by two points. The Cougars lost the marathon set 45-43.

The Cougars were unable to respond in set three, dropping the set 25-10.

Senior Gabi Garcia Fernandez led the team with 15 kills and two aces.

The Cougars then dominated the Antelopes in a sweep in the second match of the week. BYU cruised through the match, winning each set by six-or-more points.

The Cougars came out strong in the first two sets, winning set one and two 25-19.

BYU was able to cap off the strong start by beating GCU 25-13 in set three.

Garcia Fernandez and Davide Gardini led the Cougars with 11 kills each in the win. Sophomore Teilon-Jonathan Tufuga finished the match with a career-high five kills.

Women's volleyball

No. 12 BYU split the road series against Pepperdine 1-1 on Feb. 23-24, suffering its first loss of the season in the process.

The Cougars were able to rebound from getting swept the night before by beating Pepperdine 3-2 on Feb. 24.

Sophomore setter Whitney Bower played well in the match, getting eight kills, three aces, 46 assists and 26 digs in the match.

BYU baseball

BYU split the season-opening series 2-2 against Texas State and won the final game in a four-game series against the University of Texas at Austin.

The Cougars beat Texas State 7-6 in extra innings on Feb. 23.

Senior Mitch McIntyre, usually the starting centerfielder, came in clutch as a pitcher as he threw three innings with no baserunners allowed and two strikeouts.

Junior infielder Austin Deming gave BYU the go-ahead score off of a sacrifice fly to bring sophomore infielder Andrew Pintar home.

In the finale of the UT series, the Cougars mounted a five-run sixth inning to win 5-4 on Feb. 27. BYU was trailing 4-0 before a Pintar single started the BYU comeback.

McIntyre, Deming and junior catcher Joshua Cowden hit consecutive singles to cut the score to 4-1.

BYU took the lead off of sophomore infielder Brock Watkins' two RBI single.

Junior right-handed pitcher Reid McLaughlin and McIntyre combined for four scoreless innings to close out the game for BYU. Only one hit was allowed from the duo during the four-inning stretch.

Softball

The Cougars won one game out of four in the Wildcat Invitational in Tucson, Arizona. BYU beat Seattle University and dropped games against Oregon State and No. 3 Arizona.

Senior outfielder Rylee Jensen-McFarland displayed a strong hitting performance over the four-game stretch, going 4-of-12 with a home run and 2 RBIs.

BYU women's basketball team use social media to connect and inspire



BYU Women's Basketball

BYU women's basketball sophomore Shaylee Gonzales poses for a pre-game outfit Instagram post. The team is taking advantage of Gonzales's social media presence to gain fans and grow the program.

By ISABELLE ZYHAILO

The BYU women's basketball team is using social media to inspire and connect with others and taking advantage of the online presence several of its players have gained.

Sophomore star Shaylee Gonzales, a communications major with a journalism emphasis, has almost 200,000 followers and 6.8 million likes on her TikTok account, @shayleegonzales1.

"Having a social media presence really brings in tons of fans to our team," Gonzales said. "It grows our fan base and gives a great opportunity to be seen and feel more connected to us."

Gonzales's most liked videos feature her and her teammates dancing after practice and getting ready for games. Each video gets anywhere from 10,000 to 40,000 likes. Her latest video is of her and Kaylee Smiler (@kaylee_smiler) dancing to a 2012 remix of Michael Jackson's "Bad."

The team's social media accounts are also taking advantage of the online exposure by posting pre-game outfit photos of players and staff. The idea originated at the Daily Universe where staff highlighted both the men's and women's teams fashion in 2020 and was adopted by the team's social media account this season.

"We do a really good job, between Shaylee and Paisley (Harding), and the BYU media in general with our pre-game outfits. That's always fun," senior Sara Hamson said.

Hamson said it has been great to see fan engagement grow in recent seasons.

"It's really helped with fan attendance the past years," Hamson said. "From my freshman year to sophomore year, when Shaylee joined the team and brought that extra social media presence, it brought more fans and it was awesome."

Hamson said she is curious to see how many fans would have attended the games this season if COVID-19 didn't keep them out of the Marriott Center.

"It's really fun getting my teammates in on the TikToks or Instagram pictures," Gonzales said. "It's super fun and we love connecting with other people and inspiring others."

Gonzales and Harding are also vloggers on YouTube and have a combined following of 200,000 subscribers. They both film "Day in the Life" videos, plus behind-the-scenes footage of media days and team trips, including when the program traveled to Europe in 2018 for an offseason exhibition tour.

The videos give people a chance to see the team off the court and how it prepares for games on the court.

Harding's channel frequently features members of the women's basketball team and highlights major events in her life.

Gonzales's channel features videos showcasing the team's Nike merchandise, life as a college student-athlete, "Get ready with me" videos, as well as vlogs with her siblings. Viewers can also see her unwrap the YouTube Play Button award for reaching 100,000 subscribers and videos of her adventures around Utah, including Bear Lake and the lantern festival.

One of Gonzales's most liked videos is called "A day in a life of a D1 athlete during COVID" and has over 200,000 views.

"This vlog means a lot to me because it's my first time fully back in training with my team since my ACL injury," Shaylee said in the "Day in the life" video following a year off due to injury. "It feels great to be back. Excited to film more basketball-related videos for you guys. Go Cougs!"

People can follow @BYUwbb on Instagram and Shaylee Gonzales and Paisley Harding for the latest updates on YouTube and TikTok.



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.

Is online education better than traditional education? Why or why not?

No. We could have done remote school for years, proximity is important
@MUHLECHAINZ

No. It's very hard for me to focus and learn during online lectures
@KAYLABROOKS213

yes! when my depression is so bad I can't leave the apt, online means I still go to class
@MARLEECJEPP

NO! Less interaction, less discipline, less personable. You don't get the relationships
@LAUREN_MATHER9

No. People pay less attention/have more distractions and there isn't as much interaction
@KAYLEIGHLUNS

Its more convenient but harder to take seriously. And not worth the thousands I'm paying for it
@ALEX.MCSHREDDIN

Online causes us to miss a lot of mentorship opportunities with professors
@EMCDONA

It's good to have the option and tools of online classes, but in-person learning is better generally
@JMO1114

No it is way worse. Online there is no separation between work and play.
@BUSBYBERKLY

Online education is so much better! I can rewatch lectures that I missed info in and sleep in!
@ROSEAMYDONNA

Definitely not. online clases have zero classroom management happening.
@KBAILE

Neither is better. One may work better for certain people. I prefer in person, but online's ok
@CAMMYGIRL159

READERS' FORUM

The real face of anxiety

Imagine for just a second that your own mind is your worst enemy. Imagine every word, every action, being under strenuous critique all day and night. You know your thoughts are just that — thoughts — but you still lose control of them. This is only a fraction of what living with anxiety is like.

The issue with anxiety is a lack of education, which causes disconcerting negative stigmas. In order to fix this, we need to remove the stigma of decision versus disorder and promote an attitude of understanding and love worldwide. The unfortunate reality is "the stigma of mental illness is ... worse than the illness itself," according to Beyond Blue. The biggest misconception surrounding anxiety is that it is a decision, not a disorder. This stigma can make those suffering from anxiety feel self-conscious, causing them to isolate themselves and never try to get treatment for their mental illness. The fact is, anxiety is a disorder.

It develops "from a complex set of risk factors, including genetics, brain chemistry, personality, and life events," according to the Anxiety and Depression Association of America. It's a very real, very scary thing that is invisible to uneducated outsiders. The National Alliance on Mental Illness says, "it is an excessive, unrelenting, emotionally unpredictable ... mentally crippling disorder centered on expecting the worse." It is not something anyone would willingly choose. My anxiety affects me most in my schoolwork.

It causes me to get stuck in an endless cycle: anxiety, panic, guilt, trying to relax, and then panicking all over again. I feel guilty because I know I should be working hard, not having a mental breakdown, and yet trying to ignore the throbbing panic of my mind only causes its hold to become greater. Some people don't understand my anxiety is a disorder, and those people always tell me to "stop overthinking things." Anxiety is not as simple as an on/off switch I control. It is more sporadic and looming, like a natural disaster. I can predict and sense when an anxiety attack is incoming. But no matter how much I prepare, there is always damage that lingers long after the attack ends. In order to fix the decision versus disorder stigma, we must educate the world on the reality of anxiety.

Anxiety is not a weakness. It is not a decision. It's an internalized struggle, something inside you and your mind. As such it can be effortless to overlook the demons inwardly consuming our closest friends and peers. By discussing and understanding the reality of mental illnesses, we allow others to realize they aren't alone in their struggles and that they can reach out for help to face their inner demons. As we learn more about anxiety, we help to disband a hazardous stigma, and in turn, we allow those suffering wordlessly to open up in an environment of acceptance and love.

—Karyn South
Pearland, Texas

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

@spelledeenotey
my dad explaining taxes to me has the same energy as him helping 7 yo me with my math homework

@__maggie__
Have I served anyone today? Yes, I ate the beginning slice of the loaf of bread we just bought. I'd count that as service.

@phiamenina
does anyone else hate the word unprecedented now when you barely even knew the word a year ago?

@auberryblast
uh oh i have a crush on the boy i've done all of my group projects with because he said we're a "power duo"

@jans__pants
Why buy a space heater when I can just turn on my computer and start a zoom call. 68 to 98 in 10 minutes flat.

@aliahdomino
Rich people are so out of touch with reality. "Cute leggings!" "Thanks, they were only \$200" okay that's like almost 1/4 of my rent ????

@bullmoosesimp
The worst part about going on a mission is that I'll be two years behind on memes and pop culture

@the_cassadilla
taxes make me want to cry. what do you mean I owe the government money I didn't MAKE HARDLY ANY

@grizkidd
Current job is looking for golden eagles in the west desert. A true Eagle Scout

@HannahDahneke
I took my laptop to campus tech and had to explain to them that I have a virus because I forgot to turn my firewall back on after downloading Pokémon on my computer.....

@voldemorgoret
My toxic trait is that I feel like I should "treat" myself after work literally every day

@miccasi
he was an alligator (boy) she said she you later (boy)

@Brodeee_
just got called "Mrs." by the chipotle employee.... bold of her to assume i'm married

Tweets are unedited.

OPINION OUTPOST

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

ObamaCare

Provisions of the \$1.9 trillion bill moving through the House make Affordable Care Act subsidies more generous and available even to the affluent. Buying an ObamaCare policy makes sense if a subsidy shields you from fearsome premiums and out-of-pocket costs; more than 85% of enrollees receive such a subsidy. But those who earn too much to qualify for government subsidies have been fleeing the exchanges. The Centers for Medicare and Medicaid Services said last fall

that unsubsidized enrollment dropped 45% between 2016 and 2019.

— Editorial Board
The Wall Street Journal

Child poverty

The United States allows more than 10 million American children to live in poverty, bereft of resources and opportunity. The wealthiest nation on earth does less than almost every other developed nation to help children who grow up in low-income families.

These millions of individual tragedies are particularly heartbreaking because there is an obvious solution that has proved its value in other developed nations. The corrective for child poverty is for the

government to give money to people who have children.

The Biden administration is working with congressional Democrats on a plan to significantly increase federal aid for families with children as part of a \$1.9 trillion bill that also includes money to confront the coronavirus pandemic and to ameliorate its economic consequences.

— Editorial Board
The New York Times

Democracy

In all but the purest democracies, the rule of the many by the few is inevitable. It is just not practical to put every question before the whole of the people in an unending series of plebiscites and referenda.

Instead, the people choose those who will rule in their stead.

But part of the deal has always been that the selection of those who hold the joysticks of power will belong to the people

— Editorial Board
The Salt Lake Tribune

Dixie State

... The school's name should ... be decided by those who are elected to represent not just the people, but the best interests of the state's system of higher education and its students. And it should be

decided in public, in full view of those who elected the senators involved. HB278 ... is a bill ... whose time for open and public debate has arrived. Senate leaders should assign it to a committee immediately.

— Editorial Board
Deseret News

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.

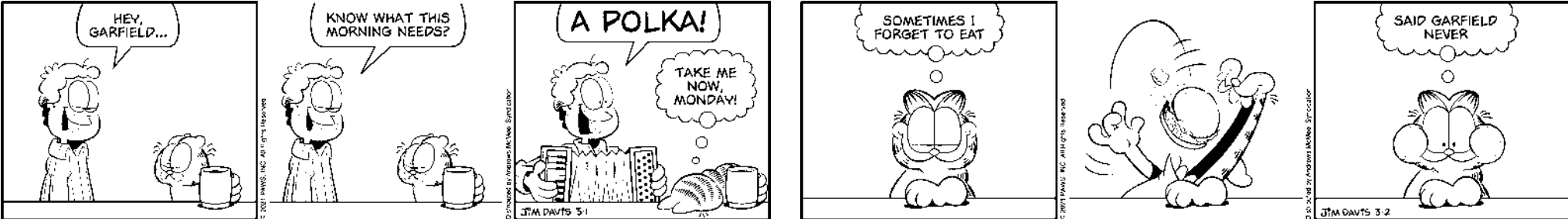
- All letters should be submitted by email to universe.ideas@gmail.com. The topic of the letter should be included in the subject line.
- Letters should also include the author's name, hometown (for students), campus position (for faculty and staff) and phone number. Anonymous letters will not be published.
- 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.

Dilbert®



Garfield®



Non Sequitur®



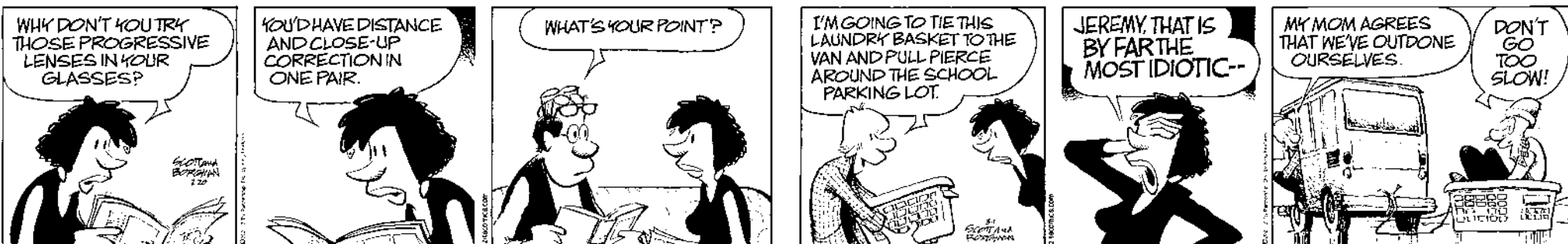
Peanuts®



Pickles®



Zits®



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.

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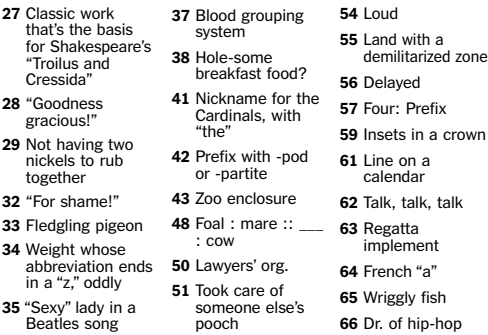
The New York Times Crossword

Edited by Will Shortz No. 0125

- ACROSS**
- Modern Persia
 - Arnaz who loved Lucy
 - Become acclimated
 - "Finding ____" (2003 Pixar film)
 - Alternative to a wood, in golf
 - Name said twice before "Wherefore art thou"
 - In vogue
 - Oscar the Grouch's home
 - International Court of Justice location, with "The"
 - Bulls in a bullfight
 - Old weapon in hand-to-hand combat
 - Place for a nest
 - Digital picture, maybe
 - Less fresh
 - Emergency call in Morse code
 - Wild guess
 - With 60-Across, one of two U.S. vice presidents to resign from office
 - Result of a football blitz, maybe
 - Completely anesthetized
 - Exercise that might be done on a mat
 - Cover gray, perhaps
 - Like vinegar
 - "Holy moly!"
 - English channel, informally, with "the"
 - Bit of fashionable footwear
 - Home in the shape of a dome
 - See 39-Across
 - Dreaded cry from a boss ... or a hint to the ends of 18-, 23-, 40- and 53-Across

- DOWN**
- Not give an ____ (be stubborn)
 - Give a makeover, informally
 - Spanish girlfriend
 - "Hey, don't jump in front of me in the line!"
 - Insult
 - Time span sometimes named after a president
 - Rather, informally
 - Where work may pile up
 - Best Picture winner set in 1-Across
 - Swims at the Y, say
 - "The Walking Dead" network
 - Cause of a sleepless night for a princess, in a fairy tale
 - Whole bunch
 - Greek counterpart of Mars
 - Yadda, yadda, yadda
 - Zap with a light beam
 - Contest attempt
 - Listing in a travel guide
 - Texas ____ (school NW of Houston)
 - Dealer in futures?
 - It's a plot!
 - News media
 - Rival of Harvard
 - Wood for boat decks
 - Classic work that's the basis for Shakespeare's "Troilus and Cressida"
 - "Goodness gracious!"
 - Not having two nickels to rub together
 - Prefix with -pod or -partite
 - Prefix with -pod or -partite
 - Foal : mare :: ____ : cow
 - Lawyers' org.
 - Took care of someone else's pooch
 - Loud
 - Land with a demilitarized zone
 - Delayed
 - Four: Prefix
 - Insets in a crown
 - Line on a calendar
 - Talk, talk, talk
 - Regatta implement
 - French "a"
 - Wriggly fish
 - Dr. of hip-hop

PUZZLE BY KEVIN CHRISTIAN AND ANDREA CARLA MICHAELS



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.

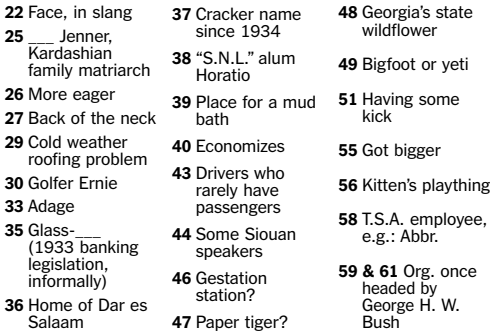
The New York Times Crossword

Edited by Will Shortz No. 0126

- ACROSS**
- Part of a relay race
 - Book after the Gospels
 - Blows one's top
 - Some of its members wear P.P.E.
 - Lava, e.g.
 - Be in favor of
 - *Having panache
 - Computer accessory
 - Feeling ready for bed
 - Neighbor of an Arkansawyer
 - Eastern "way"
 - Dublin's land, to natives
 - *Trinket
 - File of documents
 - Fish-eating bird
 - Awards for ad agencies
 - Equipment for pentathletes
 - *State that many people want to get to on vacation?
 - Unadventurous
 - Cake layer
 - Hundredths of a peso
 - Tusked marine creature of the Arctic
 - *Gaudy display
 - Move like molasses
 - "Hometown proud" supermarket chain
 - Rob of "St. Elmo's Fire"
 - Carrier of sweatpants and sneakers
 - Everglades mammal

- DOWN**
- Ran out, as a subscription
 - Estevez of "St. Elmo's Fire"
 - Crystal ____ (some prognosticators)
 - Letters of urgency
 - Warm and snug
 - Looney Tunes nickname
 - Watch surreptitiously
 - California's motto
 - Tech school in Troy, N.Y.
 - Airer of TV's "Moesha" and "Buffy the Vampire Slayer"
 - Thick soups
 - Thick syrups
 - Four, on a par 4 hole
 - Paprika or pepper
 - Snoring symbols
 - Game in which the answers to the starred clues are legal plays but cannot be formed even if you have both blanks
 - Difficult situations
 - Cake layer
 - Poet's nightfall
 - Puts on the schedule
 - Action that may be "contagious"
 - Dejected

PUZZLE BY PETER GORDON



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.

PINUP	ITCH	ALVA
ARENA	MATA	NYET
PARISTEXAS	GIN	
AND	CIA	BRONTE
ATHENS	GEORGIA	
SELMA	TERESA	
IDEAL	VINE	IKE
DARN	PREPS	GNAT
EMT	WHIR	PEALS
ARAFAT	ALLEY	
NAPLES	FLORIDA	
ELAINE	TAR	TDS
VICE	TOLEDO	OHIO
EVEN	WHAM	FREON
REDS	OOPS	FERRY

PSALMS	SIGH	SHIA
AERIAL	OSLO	POGS
LEMONT	YELLOW	ETUI
KENT	VIEWS	NCAA
DELTA	SOLDON	
SEW	VAT	ASFOR
SAWS	EGOTISM	FDA
ICH	FRUITCUP	EON
ARI	APELIKE	WENT
MOTOR	SAC	MAI
BEREFT	HERDS	
SARA	ARABS	EEOC
ATIT	COCONUT	CRAB
RICO	TOLL	ROURKE
ICER	SMUT	NOTYET



Emily Harrah

Patients wait after receiving their COVID-19 vaccination at the Utah County Health and Justice Building in Provo. BYU student Emily Harrah said it took about an hour to receive her second dose of the vaccine because the lines were so long.

BYU students share experiences receiving COVID-19 vaccines

By VERONICA MACIEL

BYU students and other Utah Valley residents shared their thoughts on the COVID-19 vaccines, and those who received one said it made them feel safer.

The biggest thing to keep in mind is the vaccinations given so far are doing their job, BYU biology professor Brian Poole said. “Of all of the people who have gotten the vaccine, there has not been a single case who has gone to the hospital or died due to COVID. So it works.”

Emily Harrah, a BYU student who works at the Student Health Center, said she felt comfortable getting the Moderna vaccine because there have been many people who received it and are fine.

“There have also been so many recommendations, not only from scientists and doctors but also from the religious authorities who got it and recommend it,” Harrah said.

BYU senior from Las Vegas Ashley Olson said she feels safer now that she has received the vaccine. Olson works at the Utah State Hospital and received the vaccine in December.

For BYU physics student Aaron Peatross, the vaccine is a way to return to a more normalized life. He said it is the means by which everyone can gather together again, enjoy each other’s company and help one another.

Peatross works at a nursing home as a certified nursing assistant and plans on going to medical school. He said his symptoms were more severe for the second dose of the vaccine. “But it only lasted for about 24 hours and then I felt completely better.”

BYU alum and second-grade teacher Alyssa Haslam received both doses of the Moderna vaccine. She experienced soreness after the first dose and flu-like symptoms after the second. Though the experience was unpleasant, she said she believes it was better than actually contracting the virus.

“I was kind of miserable for about a day, but I think a day in comparison is kind of nothing,” Haslam said. She also feels less nervous spending time with family and others since receiving the vaccination.

A recent BYU study showed there are many reasons people are hesitant or against receiving the COVID-19 vaccine for themselves. For Kara McClellan, an entrepreneur and mother living in Orem, the biggest reason is the virus won’t affect her or her family if she contracts it.

“I am not against vaccines in any way, but I just don’t feel a need or urgency to get vaccinated for something that really isn’t a threat to me or my family,” McClellan said. “I also don’t think we should glorify people who are getting it and shame people who are not getting it.”

Alpine School Board determines new elementary school boundaries

By MOLLY OGDEN WELCH

Alpine School Board members unanimously approved new elementary school boundaries in Vineyard and fast-growing Saratoga Springs during a meeting Feb. 23.

The new boundaries take effect once the two new schools open next fall.

The goals of assigning these new school boundaries were “keeping students in a reasonable proximity of their school, keeping communities together, and stabilizing enrollment over time,” said Alpine School District assistant superintendent John Patton.

The Saratoga Springs boundary decision presented a challenge to members of the school board. The debate was how to change some of the school boundaries in the areas surrounding the intersection of Fairway Boulevard and Redwood Road in order to make room in the boundary map for Saratoga Springs Elementary.

“This one’s a tough one,” said board member Julie King. “It’s so much easier when we can just split a school in half. This one’s a hard one because it’s impacting four different schools: the new school, Saratoga Shores Elementary, Sage Hills Elementary and Springside Elementary.”

King said she believes the district will see a great deal of expansion in the coming years, and this new boundary will facilitate growth in the area.

“I think the Saratoga Shores projections are off,” King said. “I think that they’re going to grow a lot faster than what we’re predicting, so I have to bring Springside and Saratoga Shores down enough to allow them the ability to expand, not knowing when I’m going to be able to build another school in that area to offset that growth.”

Board member Amber Bonner said she hopes the community will have adequate time to adjust to these changes in the coming year.

“I think boundary changes are so hard,” Bonner said. “We love that all of our people love their schools,



Alpine School Board

Members of the Alpine School Board discuss the school boundaries for two new elementary schools during a Feb. 23 meeting.

and I know how hard it is to have kids moved to another school. My hope is that this current boundary proposal is not going to change for hopefully a while for some of these schools.”

The board set the boundary for the new elementary school in Vineyard north of Center Street and south of 1600 North.

“The community is largely in favor of this. As you look at the boundary line running across Center Street, it is just a very good natural geographic boundary. It splits the distance between the two schools nearly evenly and allows both schools to grow which there is significant planned development in both areas,” Patton said.

Police Beat

BYU

CITIZEN CONTACT

Feb. 22 – A male previously banned from campus was seen at the paleontology museum. Officers warned him against trespassing and he left without incident.

ANIMAL PROBLEM

Feb. 23 – A rabbit was found in the window well at the Harold B. Lee Library. University Police caught the rabbit and transferred it to Provo Animal Control.

Provo

THEFT

Feb. 21 – Property theft was reported near 100 East and 300 South.

Feb. 21 – Property theft was reported near 500 North and 100 East.

Feb. 21 – A bicycle was reported stolen near 1500 North on Canyon Road.

Feb. 23 – A bicycle was reported stolen near 200 East and 700 North.

Feb. 24 – Property theft was reported near 1500 North on Canyon Road.

Feb. 24 – Property theft was reported near 300 West and 500 North.

Feb. 24 – Property theft was reported near 1300 South on University Avenue.

Feb. 25 – A bicycle was reported stolen near 2200 North on University Parkway.

SEXUAL ASSAULT

Feb. 20 – Forcible sexual abuse was reported at a hotel near 1600 North on Freedom Boulevard.

Feb. 21 – A rape was reported near 1000 North and 500 West.

Feb. 24 – An attempted rape was reported at a residence near 400 North and 200 East.

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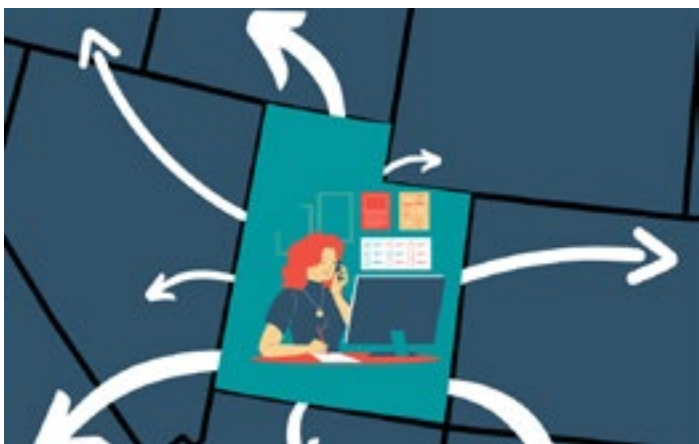


Good morning,

Today’s newsletter covers BYU’s new policy for out-of-state work, fall sports that moved to winter and the first Reader’s Forum of the semester.

Enjoy.

News



Sydnee Gonzalez

BYU bars out-of-state work for student and non-student employees

By Sydnee Gonzalez

BYU recently announced a new policy barring employees, including those who work remotely, from working outside of Utah.

BYU news,
sports, features
and more in your
inbox each day.