



Book of Mormon

Actors bring Book of Mormon to life after COVID-19 hiatus

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Competitive QBs

Prospective players fight for open quarterback position

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Looking back

Archived photos illustrate BYU campus' colorful history

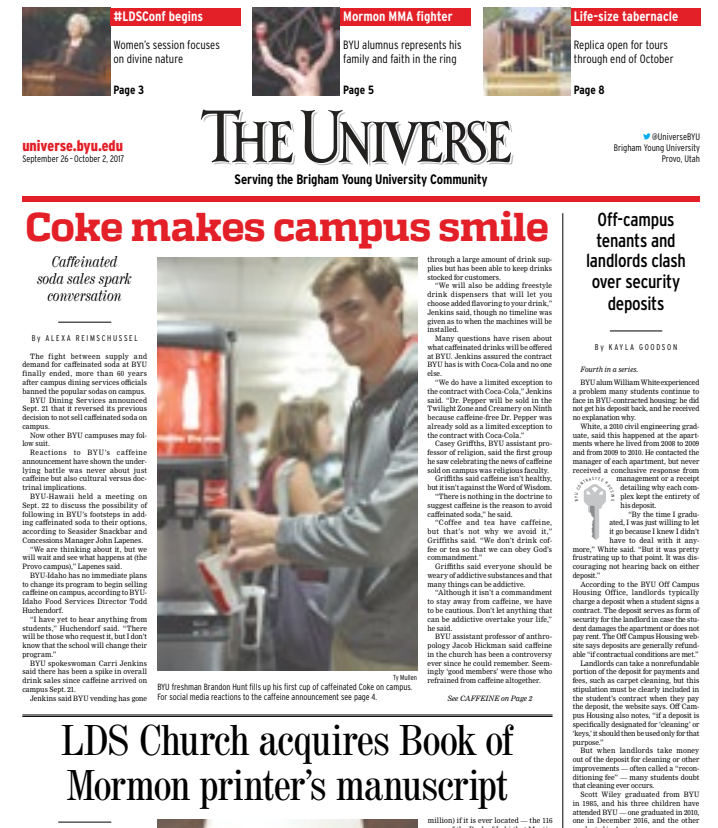
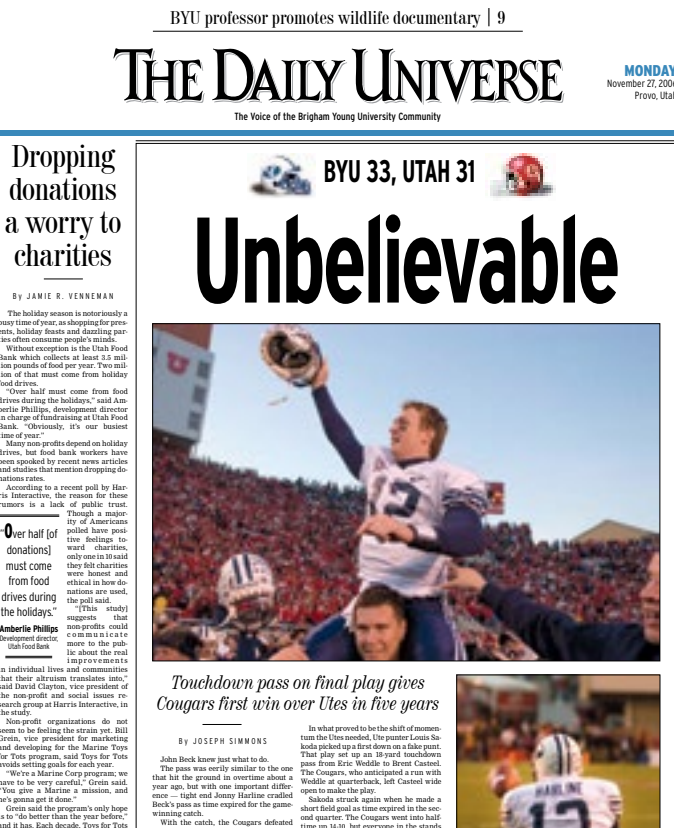
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THE DAILY UNIVERSE

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Provo, Utah

Serving the Brigham Young University Community



The Daily Universe has covered monumental events surrounding the world, country and campus community. Some of the highlights include (from left to right): the First Presidency announcement allowing Black men in the Church to receive the priesthood in the June 9, 1978 edition, BYU Football beating the University of Utah in the Nov. 27, 2006 edition, and BYU allowing caffeinated drinks on campus in the Oct. 2, 2017 edition.

The Daily Universe continues its legacy in evolving media landscape

By EMMA GADESKI

The Daily Universe has served as a campus news publication for BYU throughout the years, evolving with an ever-changing journalism industry. As the publication transitions from a printed paper to monthly magazine, alumni shared their thoughts on what it means to them.

Student reporters began writing for daily editions of the paper back in 1956, switching to weekly editions in 2012. Over this past summer, the paper was only printed once a month.

The August 2021 paper is the last edition of The Daily Universe in traditional newspaper form — the end of an era, but also an opportunity for innovation. The new Daily Universe Magazine will replace the traditional newspaper and aim to provide in-depth, analytical pieces for the campus community each month starting this September.

BYU journalism professor Ed Carter has been part of the task force leading the transition. “We’re evolving as the journalism industry evolves and as the needs of news consumers evolve,” he said.

The newspaper format made sense in the pre-internet age because it was the most updated news people could get, but now people are getting their news by the minute or hour, he added. Print news works well for more in-depth, analytical and explanatory coverage people can take understanding from.

BYU has had some form of student publication for almost 150 years, Carter said. It’s always been a place where a large audience can come together and share and learn about important topics. The shift to the magazine is just one of many changes over the years.

Students, faculty and staff working with The Daily Universe have “stewardship” over the publication while they’re at BYU, Carter said. Those involved with it use their time to improve and contribute to something meaningful on campus, but should also realize there’s a bigger picture of historical context and future efforts.

Helpful mentors

Carter has been involved with The Daily Universe as both a student and faculty member and said he’s always loved it. The value of the publication wasn’t necessarily its newspaper format as much as the mentored environment with faculty, staff and students working together, he said. There’s a great culture within the organization that’s existed for decades.

Steve Fidel, general manager of KSL.com, has been an integral part of the culture of The Daily Universe. He worked as Director of The Daily Universe for nine years and said he has an “enduring admiration” for the structure of the paper and the place it’s



Universe archives

The Daily Universe printed its last monthly edition in newspaper form this month — the end of an era, but also an opportunity for innovation.

had on campus.

This admiration goes back to Fidel’s college days. He was a freshman at BYU in the fall of 1977 and spent four years on the paper’s staff. “It was so valuable as an emerging journalist because it was a wonderful outlet,” he said.

The paper has not only spotlighted the wonderful things that happen at the university, but also created a forum to discuss the challenges that are inevitably part of any community and also those unique to BYU, Fidel said. Informative and “watchdog” type stories have helped strengthen the university, engaging faculty and alumni with things they might not have seen other places.

Fidel recalled being giddy over social media analytics The Daily Universe staff would go over in meetings, as the paper’s growth and reach grew to global significance far beyond Provo.

But the best part of his job as director was his role as a mentor and being at crossroads with students at different stages in their lives, he said. As a mentor, he wanted to act as a talent scout and help students find their strengths and conquer challenges. “It was inherently personal.”

One student who found strengths at The Daily Universe was Camille Smith, who graduated in 2019 and now works as the homepage story editor for the Deseret News.

While at BYU, Smith worked a dual role as copy and opinion editor and later as editor in chief. “It was incredibly monumental,” she said.

But before her time at The Daily Universe, she was an English major and editing minor, with a dream to be a book editor. She said she didn’t really feel like English was her place, but still loved editing. She decided journalism could be a means to an end for

her — the end being a writing-focused degree so she could have credibility as an editor.

She recalled sitting down with Newsroom Manager Carrie Moore, who was her assigned mentor in COMMS 321, the introductory reporting class where students cover a beat and report to editors. Smith explained that journalism wasn’t really her thing and she just wanted to get a degree so she could become an editor.

“She was so gracious,” Smith said, as Moore was totally OK with her response and said the staff wanted to help Smith achieve her goals. Two months later, Smith sat down with Moore again and asked, “When are you hiring?”

She had fallen in love with reporting and found it exciting. The kicker for her? Giving voices to people who feel like they don’t have one.

“It’s because of my experiences with The Universe that I would even be working for a news organization at all,” Smith said. “That wasn’t the dream until it was, and that’s because of The Universe.”

Valuable experiences

One well-known journalist who got his start at The Daily Universe is Atlantic writer McKay Coppins, who’s been dubbed the “Mormon Wikipedia.”

He said his time at The Daily Universe taught him what he knows about basic journalistic ethics and how reporting is done. He applied this to his career and once he started writing about his faith, these skills informed his efforts.

Before working as editor in chief at The Daily Universe, Coppins actually wrote for the paper as a high school senior living in the Boston area. The Republican National Convention

was in New York City in 2004 when President George W. Bush was running for reelection. Coppins attended one night of the speeches and emailed The Daily Universe to see if the editors were interested in a dispatch from the event — they were, and Coppins’ reporting appeared in the paper before even attending BYU.

“My political reporting career traces back to The Daily Universe,” he joked.

Coppins also shared an experience he had as editor of the paper when a student who worked at BYUSA leaked the staff a document showing university expenditures. Some of the money had been spent on go-karting, Jamba Juice and dry cleaning for BYUSA leadership. The Daily Universe staff ran a series of stories and faced some controversy over it, but Coppins recalls it as an instructive experience.

He said it gave him an opportunity to defend he and his co-workers’ reporting. “And frankly, a lot of being in journalism is getting in trouble, you know?”

While this was a small-scale example, Coppins said it gave him helpful experience for later on in his career when he was writing stories the White House didn’t like, for example.

Albuquerque Journal reporter Theresa Davis also said her experience at The Daily Universe has benefited her career today. “Reporting stories was really eye-opening for me,” she said.

Writing for The Daily Universe gave her the opportunity to bear witness to interesting times both in BYU and national history, she said. For example, Davis was web editor during the 2016 presidential election and said it was “pretty memorable” to have everyone in the newsroom on election night.

“I think it just expanded my horizons,” she said.

Brian West is another BYU grad who gained experience at The Daily Universe. West has worked as news director for KSL.com since April and was news director at the Deseret News for years before that. As news director, West coordinates with reporters in deciding what news to cover across Utah and edits stories.

While working at The Daily Universe as a student in the late ‘80s, West said he was amazed at how it provided such real life experience. He got an internship at the Deseret News after graduation; the paper’s editors later hired him.

“I was surprised at how seamless the transition was,” West said, recalling how what he was doing at The Daily Universe was the same as what was going on at the Deseret News.

“It provided a very effective training for journalists — and still does, I hope.”

Evolving industry

“When I was at The Daily Universe, it also felt like a period of extreme uncertainty and evolution in the industry,”

Coppins said. Coppins returned from his Church mission right before the financial crash of 2008 and was studying journalism during the recession. There was an open question about whether journalism would be a viable career within 10 years.

“I was able to carve out this career,” Coppins said. “It always feels like a time of major disruption and evolution in journalism and media.”

The reality, Coppins said, is the need for news and journalism never goes away; it’s just always changing.

Smith argued that journalism is more prominent than ever, but just in a different format. Journalists have to adapt with different formats to stay relevant. “I think The Universe has done a pretty remarkable job at adapting with the news.”

One of the ways The Daily Universe has adapted is through the augmented reality aspect of the newspaper introduced when Smith was editor in chief. Readers could scan parts of the newspaper with the Universe Plus app and engage virtually.

“It’s really all about optimizing your stories for the online audience,” Smith said.

Hopes for the future

When West was at BYU, everyone seemed to read the paper. “You could see it all over campus.”

He said it helped bring the campus together, as everyone was on the same page and reading the same things. “It felt that way, anyway.”

While times have changed, West said he hopes The Daily Universe can still provide information about what’s happening on campus and in the community.

Coppins also hopes The Daily Universe continues to be “the publication of record” for BYU. He still follows the paper on social media. “I love it. I feel like it’s my way to be connected to my alma mater.”

Looking forward, Fidel said he hopes the university sees how important journalism is in a Latter-day Saint community and how important it is to have a strong training ground for journalists in the Church as they go out into the world.

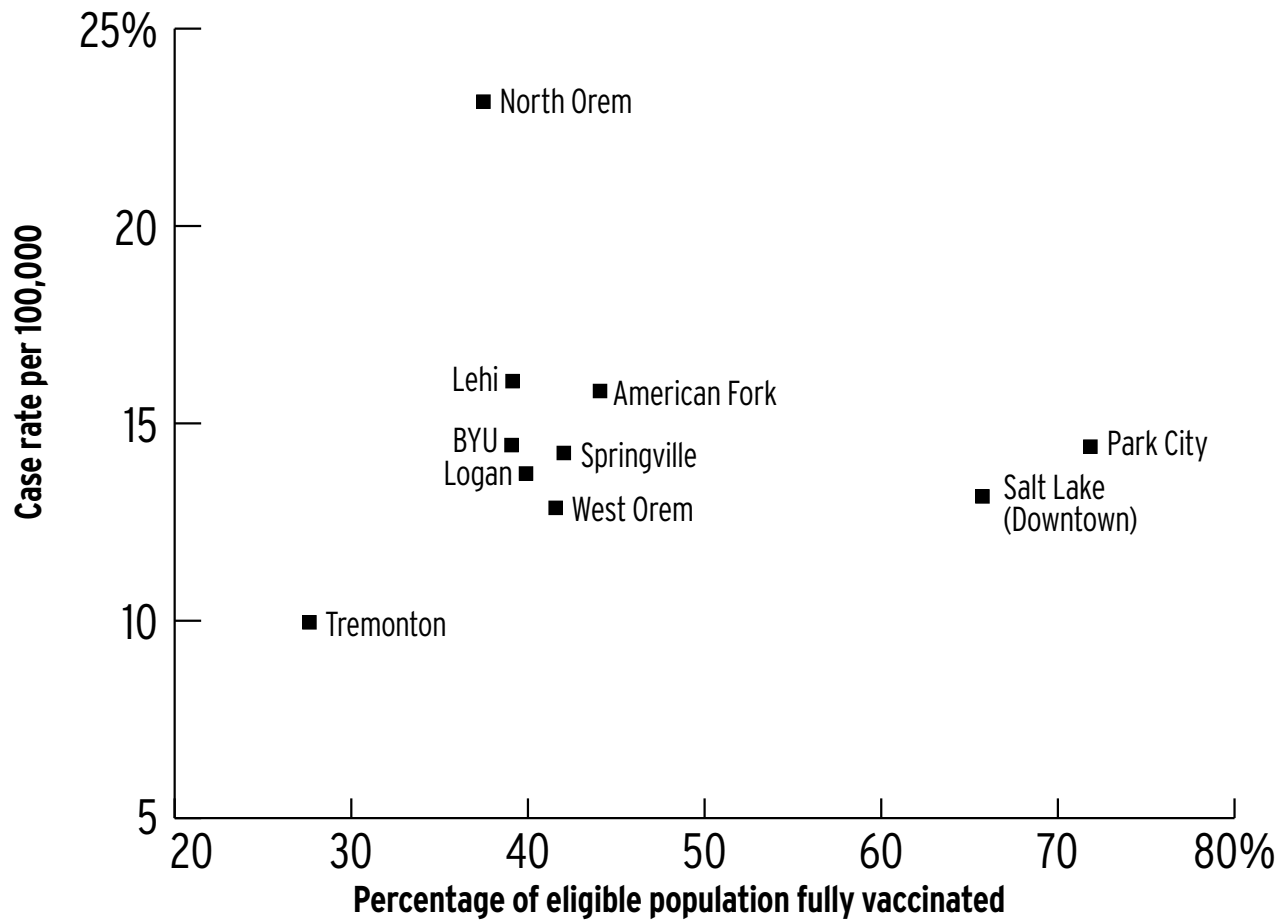
This “strong training ground” is also a place where journalists can find their footing at BYU, gain reporting skills and still turn out a product they’re proud of, Davis said.

Experiencing journalism only in a classroom is much different than in a newsroom, Smith said. Without The Daily Universe, students who are interested in studying journalism don’t really have the chance to experience what it can mean for students. This opportunity is “incredibly invaluable,” she said.

Smith said she hopes the paper keeps evolving, as anything that stays the same is losing its purpose.

COVID-19 OUTBREAK

Percentage of population fully vaccinated and case rate per 100,000 in Utah



Percentage of eligible population fully vaccinated and case rates per 100,000 according to the Utah Department of Health.

Allie Peterson

Outside the outbreak

From the Associated Press



First sign of animal life on Earth may be a sponge fossil

A Canadian geologist may have found the earliest fossil record of animal life on Earth, according to a report published Wednesday, July 28 in the journal "Nature."

Geologist Elizabeth Turner discovered the rocks in a remote region of the Northwest Territories accessible only by helicopter, where she has been excavating since the 1980s. Thin sections of rock contain three-dimensional structures that resemble modern sponge skeletons.

The dating of adjacent rock layers indicates the samples are about 890 million years old, which would make them about 350 million years older than the oldest undisputed sponge fossils previously found.



State lawmakers work to strip old 'whites only' covenants

Fred Ware and his son were researching the history of the home he's owned in the Hartford, Connecticut suburbs since 1950 when they discovered something far uglier than they expected.

Tucked in a list of rules on the home's original deed from the developer was a provision that said: "No persons of any race other than the white race shall use or occupy any building or any lot," with the exception of "domestic servants of a different race."

While the U.S. Supreme Court in 1948 ruled such racially restrictive housing covenants unenforceable, many remain on paper today and can be difficult to remove. In Connecticut, David Ware asked legislators to help homeowners strike the language, and a bill ultimately was signed into law by Gov. Ned Lamont, a Democrat, in July.



Death row inmate in cabin killings dealt setback on appeal

A federal appeals court has dealt a setback to a Utah death row inmate who saw his conviction overturned in connection with a string of violence at a remote cabin.

Even if Von Lester Taylor did not fire the fatal shots in a 1990 triple shooting and kidnapping case, he cannot be considered innocent because Utah law makes accomplices as guilty as perpetrators, the 10th Circuit Court of Appeals ruled Friday, July 30.

The finding overturns a previous ruling by a federal judge in Salt Lake City who found reason to believe Taylor's partner committed the murders. U.S. District Judge Tena Campbell ruled Taylor's trial lawyer failed him and ordered his conviction overturned.



Wilson bounces back, sparkles in Jets practice

Zach Wilson shook off a rough training camp debut by showing off the type of eye-popping playmaking ability that made him so coveted by the New York Jets. And the No. 2 overall draft pick did it Saturday, July 31 in front of plenty of excited fans.

And teammates. "He's doing things you're not expecting him to do," left tackle Mekhi Becton said. "There's a lot of things that he's out there doing that you don't expect him to do, so I can't just key in on one thing."

BYU requires COVID-19 vaccination status reporting

By CASSIDY WIXOM

BYU University Communications emailed all students, faculty and staff on Aug. 2 asking them to report their COVID-19 vaccination status immediately. The email said if students have not reported their vaccination status by Aug. 19, access to myBYU will be restricted until the report is received. Access to myBYU will be restored once the employee or student has

reported their vaccination status, regardless of what their status is.

BYU does not require students to be vaccinated but "strongly encourages" it. The email said "vaccination may be required for certain travel, research or other programs to be determined in conjunction with applicable regulations and other guidelines."

BYU's COVID-19 website said Utah County has been designated as a high transmission area again because of an increase in positive COVID-19 cases.

Former BYU professor charged with sexual abuse pleads not guilty

By DECKER WESTENBURG

Former BYU professor Michael James Clay pleaded not guilty to one count of forcible sexual abuse and one count of sexual battery in 4th District Court in Provo on Monday, July 19. The charges involve one of his former students.

The former geography department professor was charged with two counts of forcible sexual abuse, a second-degree felony. Court records show Clay made

his initial court appearance on Oct. 5, 2020. The July 19 hearing was the first in which Clay entered a formal plea in court to the charges against him.

During the hearing, the judge quashed a subpoena by the defense seeking to compel the alleged victim to testify in the case.

According to court documents, Clay used his position of power as a professor in the student's program to gain her trust when she confided in him.

A pre-trial hearing in the case is scheduled for Aug. 16 at 10 a.m.

Mask guidance divides parents heading into new school year

ASSOCIATED PRESS

With U.S. health officials recommending that children mask up in school this fall, parents and policy makers across the nation have been plunged anew into a debate over whether face coverings should be optional or a mandate.

The delta variant of the coronavirus now threatens to upend normal instruction for a third consecutive school year. Some states have indicated they will probably heed the federal government's guidance and require

masks. Others will leave the decision up to parents.

Amid the debate, there is also a push to get more older kids vaccinated. President Joe Biden has asked schools to host vaccine clinics for those 12 and older, and states are also beginning to discuss whether to mandate that school employees either be vaccinated or undergo frequent testing for the coronavirus.

The Pfizer shot is currently the only U.S. vaccine authorized for children 12 years and up. Moderna expects the Food and Drug Administration to rule soon on its application for children in the same age group.

CDC mask guidance met with hostility by leading Republicans

ASSOCIATED PRESS

From Texas to South Dakota, Republican leaders responded with hostility and defiance to updated masking guidance from public health officials, who advise that even fully vaccinated people return to wearing masks indoors if they live in areas with high rates of virus transmission. The backlash reopened the culture war over pandemic restrictions just as efforts to persuade unvaccinated Americans to get shots appeared to be making headway.

Egged on by former President Donald Trump, the response reflects deep resistance among many GOP voters to restrictions aimed at containing a virus they feel poses minimal personal threat.

Beyond vaccinations, there are few tools other than mask-wearing and social distancing to contain the spread of the delta variant, which studies have shown to be far more contagious than the original strain.

Many Republican leaders, however, are blocking preventative measures, potentially making it harder to tame virus outbreaks in conservative communities.

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|---|--|--|
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Emma Gadeski | DEVELOPER
Brayden Lewis | PROFESSIONAL STAFF |
| CAMPUS EDITOR
Cassidy Wixom | EDITORIAL DESIGNER
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BYU announces forum speakers for upcoming school year

By JACKSON PAYNE

BYU announced its upcoming slate of forum speakers for the 2021-22 academic year on July 19, with Martin Luther King III headlining the group of six experts.

While weekly devotionals are primarily based on Latter-day Saint themes, BYU's forum speeches allow for notable figures from other fields, communities and schools of thought to share their ideas with students and faculty in Provo. This year's forum schedule follows the theme of "creating a beloved community."

King, the oldest son of civil rights leader Martin Luther King Jr., comes from an extensive background in human rights advocacy. He will address BYU on Sept. 28.

Additional speakers include Greenleaf Christian Church pastor William Barber II, The Atlantic staff writer James Fallows and Amy Chua, who is a Yale law professor and author of "Battle Hymn of the Tiger Mother."

HIGHLIGHTS FROM BYU COLLEGES

Delta variant causes concern as fall semester approaches



Nate Edwards/BYU Photo

Students will no longer have to wear masks or socially distance during class this fall semester, but the rising delta variant has some concerned.

By JEFF SALCEDO

Utah is becoming a hot spot for the COVID-19 delta variant, which has some worried about what this means for BYU's traditional fall semester.

Recent statistics from the Centers for Disease Control and Prevention show Utah struggling with new cases and hospitalization rates. Approximately 91% of cases in Utah were caused by the delta variant by the first week of July. Nationwide, the variant makes up 83% of sequenced samples.

"COVID is an unpredictable disease; we've learned a lot in the last year and a half. If anything, we know this could change and we've seen that with the delta variant," Dr. Michael Baumann said during a press conference with Utah medical leaders on July 7.

Implications far fall semester

"The problem is, in Utah the proportion of people who are unvaccinated and refuse to be vaccinated is very high," BYU biology professor Byron Adams said. "High enough, that we could conceivably have to return to COVID precautions."

Utah ranked 33rd in the nation in percentage of the population fully vaccinated at 44.67% on July 30 according to Becker's Hospital Review. This is still a stretch away from the 70% threshold to reach

herd immunity according to Johns Hopkins Bloomberg School of Public Health.

BYU is not requiring students to be vaccinated to attend classes on campus this fall semester, but is encouraging students to do so and will implement "vaccine-appreciation rewards" in the fall.

University Communications sent an email to students, faculty and staff on Aug. 2 asking them to report their COVID-19 vaccination status immediately to help inform protocol decisions for fall semester. If students, faculty and staff do not report by Aug. 19, access to myBYU will be restricted until the report is received.

As fall semester approaches, BYU microbiology and molecular biology professor Brad Berges, who had two studies focused on COVID-19 published, recommends people get vaccinated.

"The Pfizer and Moderna vaccines are some of the safest and most effective vaccines ever produced, but there are still a lot of people that are afraid to get them," Berges said.

The potential risks associated with the vaccine are minuscule compared to getting the virus, he said. "The very rare side effects that have been reported are much more mild and rare compared to what somebody could experience with the actual infection itself."

Adams, who will be teaching on campus in the fall, would prefer an approach where students need to be vaccinated to return to campus.

"Personally, I'd love it if (BYU) requires all students, everybody who is a part of this community to get vaccinated and if someone doesn't want to get vaccinated, that they'd have a good reason to not get vaccinated, other than ideology; it'd have to be rational," Adams said.

Adams' proposal mirrors BYU-Hawaii's requirement of all students to be vaccinated unless they receive an exemption. "BYU-Hawaii did it right in my opinion, let's go on board with this," he said.

Diego Garcia, who will be attending his first full semester of classes, prefers the traditional fall semester BYU has planned, along with caution exercised by students.

"I feel like as of right now, we should do it how it is; everything should be open," Garcia said.

He added that the campus community should have the memory of the pandemic in the back of their heads and students should continue to take protective measures throughout the semester. If cases do rise to the point of concern, he said he would support a transition back to online classes, despite it being disappointing.

With fall semester around the corner, Garcia is mixed with emotions heading back into the classroom. "I'm really nervous. I feel like I've forgotten how to talk to people, almost, but I'm also really excited because I feel like I learn better face to face; I learn better being in contact with people."

COLLEGE OF LIFE SCIENCES

Students and professors work to complete dragonfly family history



Alyssa Pike

BYU professors and students are catching and collecting dragonflies to create the first family tree of all 6,300 known dragonfly species and their ancestors. The goal is to understand how dragonflies evolved over the years and why they have their unique characteristics like color, wings and eye size. Dragonflies have been around even before dinosaurs, with their ancestors being the size of hawks. The scientists are excited to explore their lineage.

"We're looking at something that you see every day and saying, guess what, there are millions and millions of years of evolutionary history here," molecular biology undergraduate Alyssa Pike said. "It's a joy to be a part of."

COLLEGE OF HUMANITIES

Greek and Latin awards granted to BYU students



Jackson Abhau

Students from the College of Humanities won awards for their proficiency in Greek and Latin. Three students won the annual Maurine Dallas Watkins Greek and Latin Translation contest and two of them received perfect scores on the College Greek Exam and were awarded

with the Edward Phinney Book Prize. Michael Kerr won first in intermediate Greek, Jackson Abhau won second in Koine Greek and Madeleine Staples won third in Intermediate Latin.

"The essence of the humanities is looking at the world through the eyes of other people; if they shared their observations, we ought to be able to take advantage of them," Professor Roger Macfarlane said. "I'd like to believe that (ancient texts and expressions are) worth exploring and retaining and learning from even now. So, we're busy doing that here in our department."

COLLEGE OF FAMILY, HOME AND SOCIAL SCIENCES

Study shows how Disney princesses can benefit developing boys



Sarah Coyne

Disney princesses have captivated young girls for years. But a new long-term study by BYU professor Sarah Coyne shows that boys are also an important audience. The study shows boys who learn from princesses at a young age are more progressive toward women and less likely to exhibit toxic masculinity.

Three hundred kids and their parents were studied for five years starting at preschool age. Girls who watched princesses found education, relationships and careers equally important for both men and women. Boys could access their emotions better and express them in nonviolent ways more often. And both boys and girls had better perceptions of body image.

"Focus on the humanity behind each princess, not just their appearance," Coyne said. "Princesses like Moana are full of depth, passion and goodness. The story isn't about how she looks, it's about following your dreams and finding who you are. Parents can take these interpersonal qualities and help their kids grow. We can show them that princesses offer a wide amount of depth beyond appearance."

BYU's future music building will be 'much-needed' new home for students



Melissa Collado

Construction of BYU's Music Building continues. The building is expected to be completed by fall 2022 with classes being held in the building beginning Winter Semester 2023.

By INGRID SAGERS

The new BYU Music Building's construction is expected to be completed by Fall Semester 2022, and students can attend classes there starting Winter Semester 2023.

Dean Ed Adams of the College of Fine Arts and Communications believes the new building will become a great visiting point for BYU and a much-needed new home for the School of Music.

BYU's current School of Music is located in the Harris Fine Arts Center building. The HFAC houses the Department of Design, the Department of Theatre and Media Arts, the Department of Art, BYU Arts Production and the School of Music.

The HFAC's physical structure has not grown as the college has added more and more students from each department. This has led to extensive problems. There are not enough rooms to accommodate everyone, meaning musicians have lots of difficulties coordinating room usage or they get spread out to different rooms in different buildings across campus, Adams said.

In addition, Adams said artists and designers in the HFAC work with paints and turpentine which can lead to musicians inhaling paint fumes. Another safety issue is the building's safety issue of proper acoustics in ensemble rooms. Sound levels can get to ear-splitting levels extremely fast.

Because of the improper building design and lack of appropriate wall padding, performers' ears can be heavily damaged, Adams said. Currently, musicians have to wear earplugs while they practice in those rooms. "Imagine playing music with earplugs; it compromises the integrity of playing an instrument."

Adams said the HFAC is also made out of concrete, allowing sound to run along the floors and reverberate across the building.

Commercial music student Nathan Winters comes from a musical family, has played percussion instruments for 10 years. He is interested in the production side of the music industry. One of the things Winters said he looks forward to most about the new building is the future concert hall.

Winters said the de Jong Concert Hall does not currently have large seating options and has to have microphones hung everywhere for every single performance to make sure sound gets carried throughout the space.

The new concert hall will be meticulously designed to allow audiences to hear everything from the stage naturally with no filters or microphone application, Winters said. Only soloists will need their singular mic.

People come to concerts and performances to relax and enjoy art and music, Winters said. "If audiences are more focused on a high pitch sound from the mics or from all the hundreds of mics being visible, then we've failed."

The new concert hall is a very exciting addition to McKenna Taylor, a violin performance major. She said she's happy there will be a great addition of seats for more people to come see the orchestra perform.

"In the concert hall, we will also have a beautiful, large pipe organ. I believe the organ will become a great showpiece for the university," Adams said.

Another problem Adams, Winters and Taylor all mentioned was the current student practice rooms located in the basement of the HFAC. These practice rooms have no windows that allow natural light. The new practice rooms will have windows and be on the upper floors intermixed with faculty offices.

"Musicians have to spend hours on hours practicing in pretty depressing rooms. The future practice rooms will be much better for students' mental health," Winters said.

Adams said these practice rooms will allow students to step over to their faculty mentors' offices to receive instruction or correction right when they need it.

Taylor sees the new music building as motivation for herself and future BYU musicians to practice more. A new building solely built for music students is something to be so grateful for, she said.

Those who wish to see daily progress and updates on the School of Music building can see 24-hour coverage on the College of Fine Arts and Communications website.

BYUSA president breaks spinning plate world record

By CASSIDY WIXOM

BYUSA President Paul Victor broke the Guinness World Record for longest time spinning a plate on a finger.

Victor said he mostly feels relief having finally broken the record. He had attempted multiple times to break the record but ran into problems including dropping the plate, not having the correct number of witnesses, the camera running out of film and other technical problems. He said it took more than two years to practice, attempt the record, fail a few times and keep persevering to finally break the record under the correct circumstances.

On July 10, his fourth official attempt, Victor spun the plate for two hours, 17 minutes and 24 seconds, beating the previous record of two hours and 10 minutes. Victor said he was happy, excited and almost in disbelief that he was officially now a Guinness World Record holder.

To pass the time, Victor and his timekeepers and witnesses watched the Disney movie "Luca" and "Avengers: Infinity War."

Victor said the failed attempts helped teach him persistence and that hard work pays off in the end. "That's just part of the process of breaking records. If it were easy, everybody would do it."



Cassidy Wixom

BYUSA President Paul Victor broke the Guinness World Record for longest time spinning a plate on a finger.

He has applied to break more world records that involve spinning objects on a finger such as a pillow or cellphone, but said he will most likely take a break from attempting to break world records until next year.

Victor's world record is the first record to be broken as part of the BYU World Record Club. Cameron Jones is president of the World Record Club and said he hopes this will be the first of several world records broken as the club grows.

To break a Guinness World Record a person first has to apply, then once they are given the green light there are several rules and regulations to follow for the record break to be verified and submitted to the board. There have to be two witnesses and two timekeepers

as well as the record breaker in the camera view for the entire duration of the attempt.

Victor had four friends of his with him to be his witnesses and timekeepers, one of which was Jones. Jones himself has broken 13 Guinness World Records and is hoping with this club he can help people get involved in "humanitarian world records" such as donating the largest amount of toiletries in 24 hours for example.

"The purpose of the club is to create a community of world record breakers as well as help build the brand of BYU. I feel like if we could get this positive force going of well-meaning records like that, a lot of people would want to get involved and it would be really cool," Jones said.

Production resumes for new Book of Mormon videos

By JACKSON PAYNE

The Church of Jesus Christ of Latter-day Saints has resumed production of its Book of Mormon videos after a yearlong hiatus because of the COVID-19 pandemic.

The project began in 2017, with the first videos being released in the fall of 2019. Before the pandemic, the Church released three complete seasons of the series, depicting various stories from the books of 1 Nephi to mid-Alma.

Series producer Aaron Merrell, who has worked on the project since its beginning stages, said he and the other crew members feel the responsibility to take Book of Mormon stories to the entire world.

“One of the key things we’re looking to do with (the videos) is make something consumable and understandable with all audiences, regardless of language or background,” Merrell said. “It’s great to open up the world to the Book of Mormon.”

The project is the most ambitious Book of Mormon adaptation to date. Merrell said the production team is looking to keep the on-screen focus as loyal to the text as possible.

“The inspiration and influence comes from the book itself,” Merrell said. “For every choice we make, whether that be wardrobe, building sets or casting, we look to what we can take from the text as much as we can.”

The series is currently filming the 3 Nephi account of Jesus Christ visiting the Nephite civilization in ancient America, arguably the pinnacle of the entire Book of Mormon. New Zealand actor Anthony Butters was tasked with portraying the Savior. He joined the cast before the pandemic and had more than a year to rehearse and work with the script.

Despite relatively sparse past acting experience, Butters said he has avoided feeling the pressure tied to the magnitude of the role.

“I’m trying not to get in my head too much about it, I’m just



Melissa Collado

Actors are directed between filming scenes of the new Book of Mormon videos, which resumed production after a yearlong hiatus because of the COVID-19 pandemic.

trying to focus on doing the best job I can and not worry about the weight of it,” Butters said. “I’m just someone here doing a job like everyone else, and that’s how I’m thinking about it.”

Butters prepared for the part by memorizing lines, reworking dialogue, pondering gospel subject matter and seeking to reflect his own individual view of the Savior in his portrayal.

“I feel that over my life I’ve gained a personal relationship with the Savior, and I feel like I know Him personally,” Butters said. “I’m essentially mimicking the Savior that I know in my life; all I can do is mirror what I have experienced.”

Working alongside Butters is an army of more than a thousand additional actors and crew members on the remote film set near Springville. While days on set often last more than 12 hours in the sweltering summer heat, the sacrifices made to be part of the project are a small price to pay for what actors believe to be a valuable spiritual experience.

“They all put in so much work and energy because they actually believe in this, and they want to see this be the best that it can,” said BYU student Caitlynn Boyer, who works as a social media co-host on the set each day. “None of the extras are trained actors, so they’re really imagining what it would

have been like to be there, and we’re capturing real feelings.”

Extras have come from all over the world, with some even driving all day and night to Utah County just to be in the background of one brief scene before heading home again. The days on set may be long, hot and grueling, but the mood is chipper as the extras beam with gratitude just to be there.

Stockton Black, a BYU advertising student who serves as an assistant to the casting director, credits the dedication and desire from the extras for helping bring the Spirit to the set.

BYU media arts student Cheyanne Elton is one such extra, playing both a background character and a ministering angel in different videos. Elton said her experience in the project has helped her feel closer to God and her heritage.

“It helps me to understand that God loves us and is aware of us,” Elton said. “It’s helped me connect with the fact that these events did truly happen, and that as indigenous Americans we are descended from (the Nephite) people. It’s been very spiritual and emotional.”

The project is Elton’s first professional acting opportunity, having already been featured in several student productions at BYU. Elton said performing in the Book of Mormon videos

has helped her to get more out of the book itself.

“To hear the scriptures spoken aloud by someone who’s representing the Savior really puts the Book of Mormon into a deeper perspective for me and helps me to better understand the doctrine,” Elton said.

Boyer agreed that the unique scriptural environment, despite being a reconstruction, still has a very genuine feel.

One aspect of the scriptural account that has been especially notable in filming the videos has been Christ’s interactions with young children, the actors of whom Butters called “the best ones on the set.”

“They’re so authentic, everything they do is real and every reaction is real,” Butters said. “Some of the best moments have been with the younger cast members.”

Boyer said the reactions from the younger extras have also been especially profound to her.

“They hold their chests and say ‘I feel good here.’ They may not understand how spiritual it really is, but they love being here,” Boyer said.

The videos are slated for a fall 2022 release. Following 3 Nephi, videos based on the books of Ether and Mormon will be produced along with additional stories from Alma and Helaman.

‘Once I Was Engaged’ features college student’s journey to marriage

By INGRID SAGERS

The film “Once I Was Engaged,” sequel to “Once I Was a Beehive,” highlights a wedding’s roller-coaster of emotions and life adjustments.

The film features the story of a young woman whose plans to serve a mission for The Church of Jesus Christ of Latter-day Saints change after she meets the man of her dreams and gets engaged.

Director, writer and producer Maclain Nelson said the film’s premise came from looking at what growth and changes would have happened to the characters from “Once I Was a Beehive” in the six years since the film.

Nelson said Bree Carrington, an energetic Type A personality, was the natural character choice to lead the film. Nelson knew he wanted the movie’s focus to be on Carrington realizing life doesn’t always go as she has planned it and the growth that comes from change.

One thing that was clear after “Once I Was a Beehive” was the love audiences had for Bree’s mother, Carrie Carrington, Nelson said.

Lisa Valentine Clark portrays Carrie Carrington, a wife and mother very similar to her daughter, Bree. Carrington expected her daughter to go to BYU, serve a mission and then get married.

When Bree gets into BYU—Hawaii and gets engaged instead of going on a mission, Carrie tries to be as supportive as possible. Nelson said the filmmakers knew the relationship between mother and daughter was going to be a large focus.

“A lot of times in romantic comedy movies, you get one or two perspectives from the

couple,” Clark said. “In our movie, you get a larger view of it and you see how it affects friends and family.”

Clark said her character gets a little “out of control because she wants to make this wedding a big deal and she just loves her daughter too much to not go overboard.”

Nelson reminisced about how incredible it was to make a heartwarming family film in the middle of a worldwide pandemic.

“We were so very careful,” Nelson said. The whole cast and crew were tested daily for COVID-19. He said COVID-19 was somehow simultaneously the biggest obstacle and the biggest reason the film could even be made.

“The pandemic raised our budget in ways we didn’t expect, especially in regards to the extra healthcare precautions. But in certain ways, there were so many silver linings,” Nelson said.

He said he wasn’t sure the Polynesian Cultural Center on Oahu would have been available and empty enough for the movie’s shooting to happen if it had been before the pandemic.

Another bright side of filming during the pandemic was that all these actors and filmmakers weren’t working or as busy as usual, Nelson said. This allowed them to collaborate together when they may not have been available beforehand.

“Getting to do this felt like the biggest gift. We had to shut down for a few days, then resume when it was safe and it was all pretty crazy,” Clark said. “But truly, we all saw it as something that we couldn’t take for granted.”

Clark and Nelson both said the film is for anyone and everyone. “I can’t think of someone who might not enjoy it because of how applicable the experiences and characters are to everybody,” Clark said.

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Competition emerges for starting quarterback role

By JACKSON PAYNE

BYU has been known as a quarterback factory for the better part of the last 40 years.

LaVell Edwards Stadium has housed such prolific passers as Super Bowl champions Jim McMahon and Steve Young, Heisman Trophy winner Ty Detmer, and most recently Zach Wilson, the second overall pick in April's NFL draft.

As Cougar stars etch their names in the record books and ride off into the sunset, there's always a burning question among fans and pundits in Provo: who's next?

BYU is no stranger to a dramatic changing of the guard at quarterback, but this offseason came with some of the biggest shoes to fill in program history. How do you replace the school's highest-drafted and most accurate gunslinger?

This year's squad has three primary possibilities: redshirt sophomores Jaren Hall and Baylor Romney and freshman Jacob Conover.

"They're high football IQ guys who work hard," BYU offensive coordinator and quarterback guru coach Aaron Roderick said. "They're good passers, athletic and smart."

Roderick believes the similar skill-sets between Hall, Romney and Conover will allow the Cougars to excel in their playmaking scheme no matter who takes the helm under center.

"I think our three guys in the race have a lot more in common than different, so we can run the same offense with all three of them," Roderick said. "They're not the exact same guy, but there's a lot of crossover there. We'll fit the offense to who our best perimeter players are and then the quarterbacks can run the system as it is."

Despite their common abilities, there couldn't be a greater contrast in the paths taken by each quarterback to this point in their careers.

Hall, the son of former Cougar running back Kalin Hall, committed to BYU in October 2014 while starring at Maple Mountain High School in Spanish Fork. Romney originally signed with the Nevada Wolfpack but after serving a mission, flipped to Provo to play with his brother Gunner, a wide receiver. Conover turned down the likes of Alabama — winner of two national championships since his signing — to commit to the Cougars before his junior season of high school.

Hall joined the Cougars in 2018, redshirting his first season before serving as Wilson's backup a year later. Injuries have plagued Hall's career. He has never completed a game he started and missed the entire 2020 season.

"(Hall) didn't play at all last year with this injury that he had, but the



Jaren Wilkey/BYU Photo

Jaren Hall throws in the Indoor Practice Facility during spring ball. Hall is one of three competitors for BYU football's starting quarterback position along with Baylor Romney and Jacob Conover.

way he had to work through that, he was very determined to be the quarterback at BYU," Roderick said. "It's been very fun to watch him work his way back, and I'm excited to see if he can do it."

In his two injury-shortened starts against South Florida and Utah State in 2019, Hall threw for 420 yards and a touchdown, while also running in three more scores on the ground. Over the course of his career, Hall has even been inserted as a wildcat quarterback to run different gadget plays because of his running abilities.

"We have a culture of toughness and doing whatever it takes to get back and help the team, and Jaren definitely falls in that group," Roderick said. "If you watch the film from Utah State in 2019, he was pretty hard to stop."

Hall also played on BYU's baseball team for two seasons, batting a respectable .244 over 30 games with two home runs while playing in the outfield. Hall recently stepped away from baseball, however, to fully commit his health to football.

"That time on the baseball field was crucial time that I could have been recovering and letting my body rest," Hall said.

Fighting all the way back to the football field, Hall feels his experiences have benefitted his case to be the starter.

"I think I'm my best self when I'm competitive, it brings out all the tools I've been taught," Hall said.

Filling in for Hall back in 2019 was

Romney, whose heroics as the spot starter in BYU's upset victory over undefeated Boise State cemented his place in Cougar lore.

"I have the mindset that opportunity is going to be there," Romney said. "I don't know when it will come, but I need to prepare for it."

Opportunities have come sporadically for Romney, entering five games in mop-up duty last year as Wilson's backup. In nine games over the past two seasons, Romney has thrown for more than a thousand yards and eight touchdowns, exhibiting sound decision-making and grace under pressure.

"You have to treat every day like you're the starting quarterback, whether it says that on the depth chart or not," Romney said. "That goes for the offseason, for fall camp and for the entire season. You always have to prepare like you are (the starter)."

Despite the success in limited action, various injuries have kept Romney from being completely healthy, a factor he feels will be a key difference this season.

"I feel the best I've felt since being here at BYU, and I'd be ready to start game one right now if I get called as the starter," Romney said.

As the quarterback with the most in-game experience of the three, Romney sees the ongoing competition as a way to perfect and build his craft.

"As a quarterback, you have to be mentally tough and handle situations like this," Romney said. "I like

that it doesn't allow complacency and makes us compete and take every rep seriously. You need to be on top of your stuff."

Such game experience has given Romney the chance to play alongside many of BYU's returning skill players, especially the current group of receivers which he called "explosive."

"It's good for all of the quarterbacks that there are so many weapons on the perimeter this year," Romney said. "There are a lot of guys I already have chemistry with, and you always need to be working on that during the off-season and through fall camp."

One receiver with whom Romney shares natural chemistry is his younger brother Gunner, a senior who became a star prospect while catching passes from Conover at Chandler High School in Arizona. The pair won back-to-back Arizona 6A state titles together, with Conover winning a third ring as a senior in 2018.

Conover signed with BYU as one of the program's most highly-touted recruits ever, rejecting offers from Alabama, Ole Miss, Washington State and others after becoming the all-time winningest quarterback in Arizona high school history. With three state titles, 102 touchdown passes and more than 10,000 passing yards, Conover was a certified winner in high school, a mentality he looks to bring to the Cougars.

"It's an expectation to win. It's not optional," Conover said. "We have the tools and the athletes to do it."

Roderick said Conover's talents and attitude have reminded him of his former teammate Steve Sarkisian, who quarterbacked the Cougars to the 1996 Cotton Bowl and currently serves as head coach at the University of Texas at Austin.

"He's got a great arm, a lot of confidence and a lot of swagger," Roderick said. "He has that infectious enthusiasm and confidence in himself that bleeds into others. He's a freshman who already plays like a veteran."

Conover considers himself a veteran as well, coming home from a mission to Paraguay in March 2020 and stepping in for a full season as BYU's scout team quarterback just a few months later.

"I've had a year under my belt to learn the offense and get used to the speed of the game, and it's a huge advantage," Conover said. "It's been a dream to be the (starter), so I'm going to practice and train until it's manifested, but I'm super excited that I'm in this quarterback competition with two great guys."

While he may be the newest face in the competition, Conover is hoping to keep "adding tools to his toolbox" and helping the rest of the team improve.

"This program has a huge foundation and it's only getting better," Conover said. "We're so excited to get better and better and better. Every day we're going to get better as a program."

With fall camp beginning on Aug. 4, the coaches are looking forward to seeing more from each of the quarterbacks but feel little urgency in naming a starter. Roderick even suggested that such a decision may not even be announced until the very last minute.

"We might not say who's starting until kickoff (against Arizona in the season opener)," Roderick said. "If one of them clearly becomes our guy and it's undeniable, I'll just say it, but we might hold off until the game. We're just looking for every advantage to win."

Head coach Kalani Sitake and company may keep their choice under wraps, but the players trust the coaches and are ready to support whoever is chosen to lead the offense in week one.

"We're confident in all three of them and in whoever it ends up being," tight end Dallin Holker said of the quarterbacks. "All three are hard workers."

With key returning contributors such as Holker, fellow tight end Isaac Rex and running back Tyler Allgeier anchoring the supporting cast on offense, the quarterback who emerges as Wilson's successor will have plenty of help surrounding him.

"We're a veteran team," Roderick said. "You can go right across the board and everybody on the depth chart has played a lot of football for us. I look at how many guys we have coming back who have played a lot of games. It'll help the quarterbacks."

The puck stops here — players mourn loss of BYU hockey

By JACKSON PAYNE

It's safe to say Chase Christensen is a hockey diehard.

The senior from Spanish Fork has played competitive hockey for more than 20 years, including the past five as a forward for BYU's hockey team, where he currently serves as captain.

"Growing up, literally all I did was play hockey, think about hockey, and watch hockey," Christensen said. "I'm always watching games and drawing up plays on paper. I look forward to nothing else but hockey."

It's this love of hockey that makes it especially difficult to swallow BYU's recent cancellation of the team from its extramural lineup, a decision that left Christensen in shock.

"It was devastating for me," Christensen said. "I personally wouldn't have come to BYU at all had it not been for the hockey team. It's important to think of hockey here as more than just a sport, it's like a family for us."

On June 19, BYU hockey announced that the school would be ending its contractual relationship with the team following the 2021-2022 season.

"There are a lot of people on our (social media) feeds or that we've spoken with who have expressed their disappointment and sadness," Christensen said. "It's all about the joy that (hockey) brings to us, the fans, our friends and families. When this news came out it was a blow to them."

The team originated in 1996 as the Provo Icecats, an independent club team mainly comprised of BYU students before being sponsored by the school as an extramural sport. For the past 15 years, the team has played



Mindy Pitcher

BYU hockey celebrates becoming Mountain West Conference champions for the first time in program history back in 2019. The school will be ending its contractual relationship with the team following the 2021-2022 season.

under the BYU name in the American Collegiate Hockey Association.

"Everyone's always speculating (about cancellation) in club sports because nobody's spot is ever certain, but when it boils down to it, we never saw it coming," senior captain Teagan Pitcher said. "We had a pretty good relationship with the school and it felt like we were constantly improving ourselves, so it really took us by surprise."

Under extramural status, the team's affiliation with BYU is essentially nothing more than wearing the school's logo. Operating independently from the athletic department, BYU hockey receives no financial support from the school. Recruiting comes mainly through scouting local high school talent and accepting applications online. The

team is unable to offer scholarships, is limited in on-campus marketing and fundraises entirely from donors, ticket sales and out-of-pocket player fees.

"To have put in all this time and effort to build the program ourselves without money from the school. ... It's heartbreaking," Pitcher said. "In some ways (cancellation) does feel unjust."

The program had grown sizably over the past five years as interest spread around campus, which Pitcher and Christensen both mentioned as a factor in their shock and disappointment at the decision.

"Chase and I went from having maybe 20 friends and family members in the stands our freshman year to having more than 1,500 fans at every game," Pitcher said. "We have an excellent marketing team that helps produce fans at our games. Being a

player on the team means that you meet people on campus, and that's because they're coming to games outside of school. Our family is beyond just the players."

In addition to fans in the stands, the quality of play on the ice has leaped ahead in recent years as well. The Cougars swept all four games against rival Utah State in last year's pandemic-shortened season and even won the Mountain West Collegiate Hockey League championship in 2019.

"Part of doing good with the BYU name ... is winning," Christensen said. The team went from losing every game to winning regional playoff games, Pitcher said. "It's been a long road, and to see that it's falling apart is pretty sad to be part of."

Additionally, BYU hockey has proven to excel off the ice, receiving a prestigious community service award from The American Collegiate Hockey Association in 2019 for volunteer work as a team at various projects around Utah Valley.

"We've spent a lot of time not just at practices and games but at community service projects," Pitcher said. "We've won national service awards as a team, and a lot of that comes from our focus in going forth and serving."

Such service is just one example of the team's spiritual foundation, fostered in part by frequent team prayer, devotionals from the coaches and team testimony meetings. Christensen sees it as a unique and largely unnoticed aspect of the program that will be one of the biggest overall losses.

The team has had players decide to serve missions because of the influence returned missionaries have on the team, Christensen said.

"When you're spending that much time in an environment that fosters

your spirituality, you definitely gain a stronger testimony," Pitcher added.

According to Pitcher, the family dynamic of the team and its spiritual backbone have served as a "sanctuary" from the rest of the world, an uplifting atmosphere seemingly unheard of in typical hockey culture.

"By comparison, if you go into any other hockey locker room anywhere, profanity and vulgarity prevail," Pitcher said. "When you go into the BYU hockey locker room, it's the most refreshing thing on the planet. You feel like you finally have like-minded people who are willing to talk about spiritual things and embrace the spiritual side of their lives."

Pitcher also believes the loss of the program will let down the next generation of young hockey players in the area.

"We don't have a lot of hockey representation on the West Coast, especially not in Utah County," Pitcher said. "For a lot of fans that live here, these are the games that they want to go see, especially for the little kids who want to grow up and play hockey. It's heart-breaking for them, too."

Despite the sting of the team's incoming expiration date, Pitcher and company are keeping their focus on leaving it all on the ice for one last season. BYU hockey kicks off its final campaign with a four game home-stand starting Sept. 10 at Peaks Ice Arena.

"We're trying to represent the school the best we can and show that we're a BYU hockey team and don't want to ride under any other name," Pitcher said. "We have the talent this year to go far. As players, the only thing we feel that we can do at this point is put together a program that raises eyebrows, gets work done and wins games."

BYU needs to cure its case of the blues

By JACKSON PAYNE

At long last, fans will be back in the stands for BYU sporting events at fall. It will be a glorious sight to see picturesque LaVell Edwards Stadium roaring once again when the Cougars take on arch-rival Utah in football's home opener on Sept. 11.

Less picturesque, however, is the jumbled mess of failed color coordination throughout the crowd. The school's colors are white and blue, which some people seem to forget when choosing an outfit for the game.

Legendary head coach LaVell Edwards was once heard to quip years ago that seeing the crowd in Provo was like looking at a bowl of Skittles. When even your stadium's namesake is throwing shade, that should be a hint to take action.

The fans themselves can't be blamed entirely here (except for the handful of those who completely disregard common sense and wear red on game day). The real problem stems from the continuous internal struggle between navy blue and royal blue as BYU's official color.

For a school where couples can go from first date to engagement over the course of a weekend, BYU's athletic department seems to have some commitment issues with the two different shades of blue they're courting. As a result, fans have no idea which shade to sport, leading to a Skittles situation.

Navy blue is listed as BYU's "official" shade, but Kalani Sitake's tenure at the helm of the football program has seen an increased usage of royal blue for alternate uniforms. The tide seems to be turning in favor of royal, as the 26 new possible uniform combinations BYU released in March showed 18 designs for royal and just eight for navy.

It's progress for sure, but a firm decision needs to be made. BYU needs to fully commit to the royal.

Royal blue was the staple of BYU's glory days in the 1970s, '80s and '90s. I personally can't think of the 1984 National Championship, Ty Detmer's Heisman Trophy or, well, beating Utah without picturing



BYU Photo

Head Coach Kalani Sitake wears a royal blue hat and navy blue shirt. For a school where couples can go from first date to engagement over the course of a weekend, BYU's athletic department seems to have some commitment issues with the two different shades of blue they're courting.

those majestic royal threads. It was what kids today might call a "vibe."

BYU mixed things up in 1999 by introducing new "state of the art" navy uniforms, widely known as the "bibs", which were loathed by fans and even outlawed by the NCAA because of the complexity of their design. Some say complexity, I say hideousness.

While the bibs were dashed from the Cougar wardrobe, navy stuck around. I'm no fashion expert, but I consider BYU's navy uniforms an eyesore. They're unimaginative, brash and too similar to those of rival Utah State. They look like generic youth league football jerseys. There are many things that could be said, but the bottom line is that navy just doesn't work.

Not only are the royal uniforms absolutely classic — they're vibrant, jazzy, and carry a certain amount of swagger. Royal blue is BYU's own trademark earned from days of excellence. I can honestly say I feel more confident about how the Cougars will play in games when they wear royal. Maybe that says a lot more about me than the uniforms themselves, but the point is that royal blue is too brilliant to not fully utilize.

I remember a conversation I had with my group of friends as new freshmen in Helaman Halls a few years ago. Somehow the topic of BYU blue was

brought up, and myself excluded, no one could determine which shade was BYU's official color. It wasn't a discussion of which shade looked better, it was a genuine collective inquiry to figure out which shade was actually legitimate.

As a result, the ROC student section at each game is checked with split showings of royal and navy. It's more awkward than the piano in the Wilkinson Student Center. The ROC typically advertises which shade students should wear beforehand, but not enough people are getting the memo.

Speaking of the student section, "the ROC" isn't a terrible name, but it could be improved so easily. Imagine something along the lines of "the Almighty Brigham Young Student Section", or in other words, "the ABYSS". Don't you think that would be just a bit more electrifying? I could go on forever on that topic, but right now the blue dilemma is more important.

Fully committing to and advertising royal as BYU's sole official blue would reduce stadium color clashing, honor BYU's rich football tradition and just look so much better. The great Jerry Seinfeld has said sports is really just rooting for your team's clothes to beat the clothes of an opponent. If that's the case, BYU fans need to be cheering on royal blue as soon as possible.

Therapy can be helpful, but only if you're willing

By KENZIE HOLBROOK

I have always had an anxious personality, but it wasn't until I had been in college for a couple years that I realized how my anxiety was negatively affecting me. I could tell it was starting to get worse the older I got and as I had to start making bigger life decisions. I would panic every time it came time to make a decision. Sometimes I felt like I was incapable of making decisions because I would just shut down every time something uncomfortable happened or anytime I had to try to do something hard.

As I kept feeling this anxiousness more and more frequently, I knew something needed to change. I knew I didn't like feeling anxious, and I knew I wanted to do something to fix it. My friend suggested going to a counselor, but I immediately rejected the idea. I think deep down, I really did want to go to therapy, but I had too much pride. Even though I thought it sounded like it could be a good idea, I wanted to be able to deal with the anxiety on my own.

I decided to start reading some self-help books about anxiety and how to cope with it. For a time, the self-help books I was reading really did help. They gave tips and strategies on how to cope with anxious feelings or panic attacks. I was willing to change, and I was really paying attention to the things the books were saying and trying to apply the coping mechanisms into my life when I felt stressed and anxious.

The thing with my anxiety is it's mostly situational, and there are times when I will do really well and not feel anxious for a long time, and then other times it seems like something happens to make me feel overwhelming anxiety every day. It's hard because sometimes when I have done well for a long time I think I have my anxiety under



Preston Crawley

Making the decision to go to therapy can be challenging, but it is courageous. It's a choice that can lead to a change.

control. Then something happens and I feel super anxious again, and it makes me feel like I'm back to square one.

Finally, last summer I had a breaking point. My anxiety got out of control, and I completely shut down. I just couldn't handle how I was feeling. Although I already knew a couple years earlier I needed to do something to help with the anxious feelings I was having, it wasn't until this moment, my breaking point, that I finally decided therapy could help me.

It wasn't that I didn't want to go to therapy, it was that I didn't want to admit I had a problem bad enough to have to go to therapy. I finally decided I'd rather admit to having a problem and at least try to get the help I needed to be happy than to just continue thinking I could handle it on my own.

I started seeing a counselor weekly. Honestly, I wasn't sure how much therapy would help. I didn't go because I knew it could solve all my problems but because I figured at this point it was worth a try.

I'm so glad I hit that breaking point, because therapy has changed my life.

I fully admit I have anxiety, and I know I'm not the only one. According to the Anxiety and Depression Association of America, generalized anxiety

disorder affects 6.8 million adults. A 2020 report from the Center for Collegiate Mental Health said anxiety and depression are the two most prevalent challenges students who are being treated for mental health deal with. The report shows 24.1% of college students said anxiety was their top concern, while 18.3% said depression was their top reason for seeking help.

I also know a lot of people have worse anxiety than I do, which was why for the longest time I figured I could take care of it on my own. I didn't want to get help from an outside source because mine just wasn't "that bad." But now I fully believe therapy can change anyone's life if they are willing to try it.

Going to therapy because someone is pushing you may or may not be helpful. Instead, go in willing and ready to change, having a plan of what you want help with and then taking the suggestions you are given and applying them to your life. Making the decision to go to therapy can be challenging, but it is courageous. It's a choice that can lead to a change. It's admirable: It shows you recognize something is wrong and you want to change.

There is no better feeling than the empowerment that comes through finding the help you need.

We can have healthy conversations about sex

By KRISTINE KIM

As a member of The Church of Jesus Christ of Latter-day Saints, I was taught about the law of chastity and sexual purity since I was a young child. Within Church culture, there seemed to be an overemphasis on the idea that sex was bad. The idea of sex being something divine, beautiful and sacred seemed to be rarely mentioned.

While sex outside of marriage is a sin, we can talk about it in a way that doesn't scare people and keep them in the dark about sexuality. We can have healthy conversations about sex.

Shaming culture

Charlie Palmer-Webb is a licensed psychologist and sex researcher who educates Church members and other Christians on sex. In an Instagram video post with Al Carraway titled "Talking about Sex," Palmer-Webb shared a story about her time in the Young Women program when a leader gave an object lesson with a single rose to address sexual purity.

The leader explained how pure and lovely a rose was. After explaining the purity of a rose, she had all the girls pass the rose around to smell and touch the petals. Over time, the rose petals fell off and turned brown.

The leader then collected the rose and said "because the rose has been passed around the rose isn't as beautiful and pure anymore. I could still give this to someone but it just won't be as good of a gift as it would have been if it was clean and pure."

With that object lesson, the leader was teaching the girls that those who didn't engage



Eliana Moran

While sex outside of marriage is a sin, we can talk about it in a way that doesn't scare people and keep them in the dark about sexuality. We can have healthy conversations about sex.

in sexual activity before marriage would be clean, pure and lovely. However, those who engaged in sexual activity before marriage would not be considered as "beautiful" or "pure" anymore — ultimately being "unwanted."

Activist Elizabeth Smart talked about shaming culture surrounding those who are raped or have sex before marriage in an interview with Vice. After Smart was kidnapped and raped, she said she felt that "no one (was) ever going to want to

marry me now. I'm worthless, I'm filthy, I'm dirty."

This, she said, was because of the purity culture that equates all instances of sex outside of marriage as sinful without acknowledging that sexual assault and rape are not consensual, but criminal acts. She felt ashamed and she was shamed countless times for not being "pure enough" when she had been raped.

The shaming that occurs in Church culture can grow from the idea that some members

have — including parents who have failed to teach their children otherwise — that sex is inherently bad.

Shaming and overreacting

Julie Hanks, a Latter-day Saint psychotherapist, said in an Instagram post that one of the biggest mistakes parents make when it comes to the topic of sex is shaming and overreacting. She said one of the best things a parent can do is avoid shaming their child into thinking sex is inherently bad. While

it is important to be open and honest about sex, providing a context for sex can help children understand the why, she said.

"Explaining this is a special gift you'll be able to experience with someone you love to a child can instill in them an understanding of the purpose of sex," Hanks said.

Some parents think because their children should not be having sex before marriage, they also should not talk about it. Hanks said while Latter-day Saints value and teach abstinence before marriage, some parents have a fear that talking about sexuality may actually foster curiosity and encourage early sexual experiences, so they avoid these important conversations altogether.

Talking more about something doesn't make it happen more; rather, it allows the child and the parent to both be aware of these topics, and find ways to talk about and process them healthily, she said.

Consequences of unhealthy sexuality

Attitudes of pushing important conversations under the rug are detrimental to many people, including young newlywed couples, Hanks said in another post. "I've worked with newlywed couples so ill-prepared for intimacy that the first sexual experience they shared after marriage was physically and emotionally traumatic," she said. "It's time to stop pretending that our children are not sexual beings that will magically become sexual beings once they get married."

Hanks said she knew several women who went to therapy right after their first night and

week of being married because they were scarred. They didn't expect what had happened on their first night.

People do not have sexual switches inside of them that they can automatically turn on and off with a flick of the wrist. Like Hanks said on Instagram, "sex should be an unfolding conversation, not a one time event." Laying a foundation early on with conversations about bodies, puberty and sexual feelings is extremely beneficial in creating a healthy, unfolding conversation about sex and sexual intimacy.

Teaching children about healthy sexuality

In the Instagram video with Carraway, Palmer-Webb said this healthy environment comes with teaching children sexual education in the home. Teaching children and young teenagers that sexuality is not bad — that having sexual desires and feelings are gifts from God — is important and should be celebrated. Teaching children this principle will help them understand that sexuality is very much a part of who they are, and it can be controlled and waited to be expressed to their full extent within the context of a life-long commitment, Palmer-Webb said.

We need to shift the conversation of sex and sexuality from never being spoken of to being healthily discussed in the home in a relaxed and understanding environment.

As Hanks said, let's not throw "people in the deep end and expect them to drown." It is never too late to start having these conversations with the youth and young adults within the Church.

From the archives



L. Tom Perry Special Collections

The Daily Universe distributed a special edition of the paper minutes after President John F. Kennedy was assassinated on Nov. 22, 1963. It was printed on yellow paper and carried reports of the shooting, the search for the assassin, student reaction and the quick removal of Vice-President Lyndon Johnson from the area.



L. Tom Perry Special Collections

President Harry Truman (center) chats with BYU President Ernest L. Wilkinson (left) and Church President David O. McKay (right) before a special assembly in the old stadium north of the field-house on Oct. 6, 1952, where Truman gave a major address.



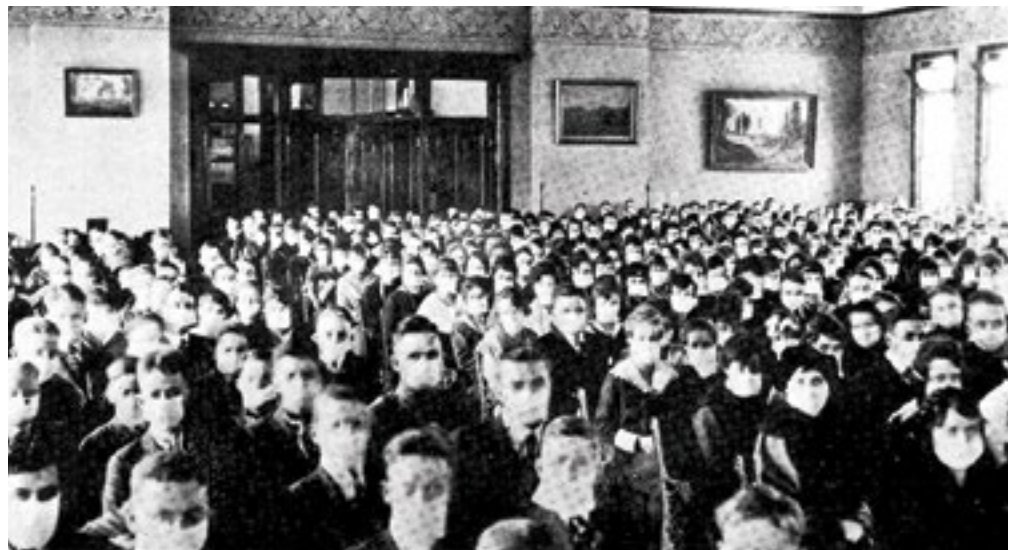
L. Tom Perry Special Collections

Universe editor David Forsyth directs freshmen on tours of campus and instructs them on traditions and policies in this 1953 photo.



L. Tom Perry Special Collections

U.S. Senator Robert F. Kennedy was swamped by student well-wishers during his visit to BYU campus. Kennedy spoke in the George Albert Smith Fieldhouse on March, 28, 1968 while he was seeking nomination as a Democratic presidential candidate.



L. Tom Perry Special Collections

Students attend an assembly at College Hall and wore hygienic masks to protect against the World War I influenza, which broke out in 1918. The school was forced to close for three months from October to December.



L. Tom Perry Special Collections

Four freshman students protested for larger portions of French fries in campus cafeterias during the 1970s.



L. Tom Perry Special Collections

BYU football players carry Coach Tommy Hudspeth off the field after the Cougars' first-ever win over the Utah Utes in Provo.



L. Tom Perry Special Collections

The groundbreaking ceremonies for an addition to the BYU Harold B. Lee Library were on Oct. 29, 1974. Church and university leaders wield shovels (from left to right) including President Harold B. Lee's daughter Helen Goates, his widow Sister Freda J. Lee, Elder Gordon B. Hinckley of the Quorum of the Twelve, who was the speaker for the occasion, BYU President Dallin H. Oaks, and other BYU officials.

The changing face of the BYU newspaper



Photos by Arlene Estimer and Amber Clemons

BYU's student newspaper has had different names and formats throughout the years. White and Blue ran from 1897 to 1921. Y News was another version and ran from 1921 to 1948 before The Daily Universe took over in 1956.

Sexual assault misconceptions abound in Utah

By KRISTINE KIM

Rape is the only violent crime in Utah that has a higher rate than the national average according to the Health Indicator Report of Sexual Violence from the Public Health Indicator Based Information System. Other violent crimes in Utah such as aggravated assault, robbery and homicide are historically lower than the national average.

Lori Jenkins, sexual assault services director at The Refuge Utah said there are misconceptions about sexual assault and rape which affect how BYU students and women approach actual cases with these crimes.

Jenkins said Utah has the 11th highest number of cases of sexual assault and rape in the country. However, a lot of people don't think it could happen to them, their children, their siblings or their friends.

"Happy valley"

Jenkins said many people think because Utah doesn't have more populated cities such as New York City, sexual assault or rape won't happen here in "happy valley." However, she said the statistic of Utah having the 11th highest rates of sexual assault and rape in the country shows it can happen anywhere, at any time, including Utah.

According to 2016 Stats of Sexual Assault Among Utah Women, one in three Utah women has been sexually assaulted, and one in six women reported being raped.

Jenkins said many Utahns, including BYU students will go on famous dating apps like Mutual, an LDS-oriented app that launched in 2016. Many people will sometimes be too trusting of the people on the apps, she said. For example, seeing mission pictures or pictures of someone with a niece and nephew may cause both men and women to be too trusting since these people seem to have the same values as them.

However, dating apps might not be as safe as people think they are. While people shouldn't



The Refuge Utah

Women listen to a speaker during the Domestic Violence Awareness Walk vigil in October 2019 hosted by members of The Refuge Utah. Rape is the only violent crime in Utah with a higher rate than the national average according to the Health Indicator Report of Sexual Violence.

distrust everyone, it might be good to be cautious of who they do trust, Jenkins said.

Furthermore, according to Stats of Sexual Assault Among Utah Women, BYU was the campus with the second highest reported occurrences of sexual assault compared to other schools across Utah in 2014, the last year for which a comparison of university statistics is available. These include the University of Utah, Salt Lake Community College, Snow College, Utah Valley University and four other colleges and universities in Utah.

Rape and sexual assault is only a "women problem"

Lisa Leavitt, BYU's Sexual Assault Survivor Advocate, said a misconception people have is that sexual assault and rape only happen to women. While a majority of sexual assault is perpetrated on women, men are also victims of sexual assault and rape.

According to the National Sexual Violence Resource Center nearly a quarter, or 24.8% of men in the U.S. experienced some form of contact sexual violence in their lifetime.

False reporting

According to BYU Title IX coordinator Tiffany Turley, there is a common misconception that false reporting happens

more often than it actually does. Turley said recently, she was asked by someone how many reports of sexual assault and rape are false. She said almost none of them were.

Statistics from the National Sexual Violence Resource Center show that the prevalence of false reporting for sexual assault crimes is quite low. Between 2% to 10% of reports are actually false.

"Stranger in the bushes"

Leavitt said one of the biggest misconceptions people have is that "the stranger in the bushes is going to jump out and attack somebody," but she said that is rarely the case.

Approximately 90% of all sexual assault cases involve a perpetrator the survivor knows whether it be someone in their intimate relationship, a family member, a friend or even a co-worker, Leavitt said.

According to the National Sexual Violence Resource Center, 51.1% of female rape victims reported being raped by an intimate partner, and 40.8% of women reported being raped by an acquaintance.

Assault in relationships

According to the National Domestic Violence Hotline, nearly three in 10 women and one in 10 men in the U.S. have experienced rape,

physical violence or stalking by a partner.

Leavitt said another prevalent, common misconception is that those who are in a relationship and are sexually assaulted multiple times must have wanted it. If someone is in an abusive relationship, Leavitt said it is far from a normally functioning one. Therefore, manipulation and coercion can be normal, leading to the person being assaulted multiple times while in a relationship before they can finally reach out for help.

Consent and intimate relationships

Jenkins said people have a misconception that if the victim didn't yell, fight or run away, they were consenting to the rape or sexual assault.

However, most people don't know that the most natural body response for people who experience sexual assault or rape, or are facing any form of danger is to freeze, Jenkins said. When someone freezes, their body tenses up and they are unable to move, scream or fight. According to The Washington Post, everyone has a different response when they are sexually assaulted or raped; however, many people will freeze.

Leavitt said there are many misconceptions and myths around what consent means.

Consent, she said, consists of a mutual agreement by both parties to do what it is they're about to do intentionally.

Consent is verbally saying the word yes, and this is the only way to know if someone is consenting, Jenkins said.

"If it's anything other than that, it is not consensual," Leavitt said.

Victim blaming

"Victim blaming is still a thing and will probably always be a thing," Turley said.

The misconception that women or men get sexually assaulted or raped based on what they are wearing is common, Jenkins said.

Sexual assault is one of the few crimes where the victim is put on trial and people try to figure out why and how it's their fault, Jenkins said. "What were you wearing, what time did you go out, and were you drinking?" are all common questions that are asked.

Jenkins said asking victims what they were wearing and what time they were out makes it seem like it's their fault, when in reality, it is never, ever the victim's fault.

"One of the biggest problems that I come across is that our society still gives women almost 100% responsibility for stopping sexual assault," Leavitt said, adding that the responsibility needs to be shifted onto the perpetrators, not the women.

Jenkins also said perpetrators need to be held responsible for their actions.

"We need to put the blame where the blame belongs with the perpetrators and we need to follow up with electing people and backing people that will hold perpetrators accountable," Jenkins said.

Victims can find free resources

There are many resources for those who are sexually assaulted or raped in Utah and on BYU's campus.

There are services that are free, Jenkins said, including those at The Refuge Utah in Orem. She said the center has free trauma-based therapy,

free groups and free classes. The center also provides free medication and examinations. Jenkins said anyone who goes to the hospital to take an exam and receive medication from the doctor in the ER, receives those services free of charge.

The Refuge Utah provides additional resources including hotline advocates and volunteers used to help survivors with medical, physical, psychological and emotional help, Jenkins said.

Leavitt said BYU's Sexual Assault Survivor Advocacy Services is not connected with the Honor Code Office nor Title IX. She said everything the office does is confidential; no one and nothing gets reported to the police. BYU's Sexual Assault Survivor Advocacy Services provides multiple resources, including helping with restraining orders, contacts, letters, police intervention and every resource survivors might need.

The office also helps with negotiating, Leavitt said. If survivors are in need of a rape kit or anything in the hospital, there are advocates who will accompany them there or to the police station. She said if the survivors are BYU students and need to communicate with professors about coursework or exams they need to take soon, the services will communicate with the professors for them. Counseling, psychological services and support groups can also be provided through BYU's Sexual Assault Survivor Advocacy Services.

Turley said Title IX helps survivors by connecting them to resources and the help and support they need. Title IX also makes sure both parties are given the chance to say their side of the story. She also said Title IX is separate from the Honor Code Office. Title IX's policy is to keep everything confidential. There's a confidentiality clause in the university's policy which indicates that all information shared with Title IX about victims or witnesses is kept confidential within its office.

A domestic abuse hotline and sexual assault services are also provided by The Refuge Utah.

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The Daily Universe Newsletter

BYU news, sports, opinion, special features and more in your inbox each weekday

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News from BYU's Daily Universe directly to your inbox

Good morning,

Today's newsletter covers a look at the first Black faculty member to give a BYU devotional in over a decade, the Tweet Beat and an overview of news from the field of education.

News



First Black faculty member in 14 years to give devotional

By Holly Cluff

A Black BYU faculty member will give a campus devotional for the first time in fourteen years on April 6.

Ryan Gabriel, a professor specializing in urban sociology, will give an address titled, "Healing Racism through Jesus Christ." He said he hopes his address can play a small role in helping people better understand Jesus Christ's atonement and its power to unite people of different races and ethnicities in a Zion community.

"It is pointing to Christ and thus not about the individual (giving the address), but who the individual is will shape how that message comes across," he said.

[Read more...](#)

End of an era: The Daily Universe to print final weekly paper April

THE DAILY UNIVERSE