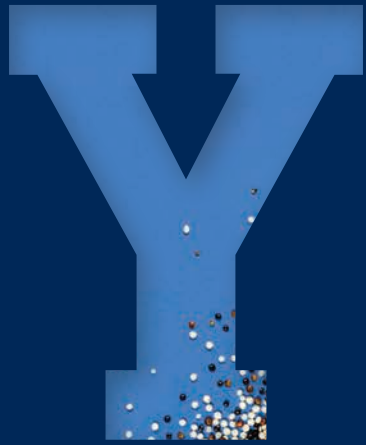


Y Magazine Summer 2022



Growing greens in Ghana. **p. 25**



Protecting a precious commodity. **p. 17**

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Small seeds, big hopes. **p. 22**



Drink your bean juice: Grandma's orders. **p. 55**



Eureka! Discovering the sacred Maya cacao groves. **p. 6**



The Food Issue

The making of a Cougar Tail. **p. 1**



Times and seasonings: BYU food history. **p. 34**



Broccoli or bacon? How to decide. **p. 28**



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The Provo food scene. **p. 7**

Family memories in a flaky crust. **p. 48**



Hydrate like a BYU sprinter. **p. 11**



Heaps of college food memories. **p. 5**



The Y screams for ice cream. **p. 37**



The case for school breakfast. **p. 26**







Head of the Tails

“They’re just so big—**it’s not just a regular donut,**” says Tim R. Barlow (left), the chef de partie who oversees the creation of BYU’s fan-favorite treat: the 15-inch Cougar Tail. ¶ Before football games, a 15-person crew including students like Callie Rowley (’25) (right) puts in long hours, usually starting before the sun rises. The bakers knead 4,500 pounds of dough in massive mixers, fry up two miles worth of pastries, and ice their way through **70 buckets of maple topping.** It smells like donut heaven. ¶ At each 2021 home football game, BYU sold an average of 8,500 Cougar Tails, which have twice been named ESPN’s Concessions Food of the Year. ¶ Read about the history of Cougar Tails and other campus treats on p. 34.



From sumptuous still lifes to imaginative stop-motion meals, the work of BYU grad and food photographer Erica M. Allen (BFA '15) is a feast for the eyes. See p. 42.

FEATURES

Seeds of Hope

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BYU research is sprouting in a variety of promising solutions to food and nutrient scarcity.

By Sara Smith Atwood (BA'10, MA'15)

The Diet of Champs?

PAGE 28

In the stampede of competing dietary advice, how do you pick a winning strategy? BYU experts offer three different paradigms to consider.

By Amanda K. Fronk (BA'09, MA'14)

Cougar Eats: A History

PAGE 34

Enjoy a hearty helping of memories from nearly 150 years of student sustenance.

By Peter B. Gardner (BA'98, MA'04, MBA'22)

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1 day, 6,500 calories

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Well-seasoned memories

ON THE COVER

From research to campus dining to mint brownies and Creamery ice cream, food holds a special place in BYU culture. Photography by Michelle Baughan.

Y MAGAZINE

EDITOR Peter B. Gardner (BA '98, MA '04, MBA '22)

ASSOCIATE EDITORS Sara Smith Atwood (BA '10, MA '15), Denya I. Palmer (BA '16), Michael R. Walker (BA '90)

ALUMNI EDITOR Andrew T. Bay (BA '91, MA '94)

ART DIRECTOR Bruce A. Patrick (BFA '85)

ASSOCIATE ART DIRECTOR A.J. Rich (BA '01)

CONTRIBUTING DESIGNERS Adam M. Johnson (BA '07), Olivia Juárez Knudsen (BFA '10), Jon G. Woidka (BFA '00)

CIRCULATION MANAGER Joy T. Weller

INTERNS Michelle Rossignoli Baughan ('23), Haeley B. Christensen ('23), Rachel E. Hatch ('24), Brooklyn Hughes Roemer (BA '22), Emma Gore Lammi ('22), Margaret J. Sheffield ('23), Rachel E. Teixeira (BA '22)

PUBLISHER

Michael L. Roberts (BS '87)

ASSOCIATE PUBLISHER

Carri Phippen Jenkins (BA '83, MA '90)

EXECUTIVE EDITOR

Jeffrey S. McClellan (BA '94)

ADVISORY COMMITTEE Renata Tonks Forste (BS '84, MS '86), International Vice President; Julie L. Franklin (BA '89, MBA '94), Student Life Vice President; Michael A. Johanson (BA '03), Director of Alumni Relations, BYU Alumni; Bradley D. Olsen (BA '91), Creative Manager, Philanthropies; Richard D. Osguthorpe (BA '98), Associate Academic Vice President; Jeffrey Simpson (BA '87), Managing Director, BYU Broadcasting

CONTACT Y Magazine, 218 UPB, Provo, UT 84602; 801-422-4900; magazine@byu.edu (editorial); advertising@byu.edu (advertising)

ADDRESS CORRECTION Alumni Records, 242 HC, Provo, UT 84602; 1-877-827-2218; alumni.byu.edu/update-your-info

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Chatter Box

Quick notes and notable quotes about or from BYU

“A lot of my friends are annoyed at... how much I bring up polar bears.”

BYU engineering grad **Lucas L. Stock** (BS '22) on traveling to the Arctic with a group of fellow students as part of a capstone project using radar technology to detect and protect polar bears and their dens.



“I didn’t realize how vulnerable I would feel.”

Washington Spirit forward and former BYU soccer star **Ashley M. Hatch** (BS '21) to the *Church News* after leading her teammates on a tour of the renovated Washington D.C. Temple. “I really enjoyed it,” she says. “They were all so great to come and support me.”

“He sold his prized possession for my mom’s wedding ring.”

BYU advertising alum **Tyler J. Richardson** (BA '21) in the *Deseret News* about his parents’ real-life love story—in which his dad (Matthew O. Richardson [BA '87, MEd '90, EdD '96]) sold his green '67 Fastback Mustang before proposing to his mom (Lisa Jackson Richardson [BA '87]). The story inspired an award-winning Mustang commercial, filmed by Richardson and other BYU advertising students.



“Tears started dropping.”

BYU running back **Tyler A. Allgeier** ('21) quoted on *AtlantaFalcons.com* regarding his reaction to being selected by the Atlanta Falcons in the fifth round of the 2022 NFL draft.

POLAR BEAR: SEKEWGETTY; HATCH: ISI PHOTOS; ALLGEIER: JAREN WILKEY



INSIGHT



Generations of BYU students have found food and made memories in campus eateries—like the cafeteria in the basement of the original Joseph Smith Building (left). Read more BYU food history on page 34.

It's the elderly couple sharing ice cream at the Creamery, just as they have every Saturday night for decades. It's the two tables pushed together in the Cougar eat to accommodate generations of the family gathered around them. It's the group of friends laughing in the corner of the Blue Line Deli, not realizing how short their time together will feel 20 years down the road.

If we were to ask each generation of BYU grads about their formative experiences on campus, how many of their memories would be tied up with food and their favorite campus eateries? Would they reminisce about frequenting past BYU restaurants like the Joseph Smith Building cafeteria, cooking ambitious dinners in their Heritage Halls kitchen, flirting with other freshmen in Cannon Center cafeteria lines, and enjoying Navajo tacos in the Cougar eat? What role would we find that Dining Services played in creating an environment of learning, growth, friendship, and meaning? I suspect we'd find that food was at the center of our connection to others and a key ingredient of our BYU experience.

CHIME IN: What favorite on-campus eatery sparks your memories? What is it about that place that both defines and connects you with others? Share your comments via Twitter while tagging @byudining and @ymagazine_byu.

It's Never *Just* Food

Food and eating are tightly intertwined with the BYU experience.

By Brent D. Craig ('78)



Brent Craig is the managing director of BYU Dining Services.

YOU MAY KNOW the little pizza restaurant just south of BYU campus as Brick Oven, but when I was a teenager back in the '70s, it was Heaps of Pizza. Opened by Kent Heaps in 1956, it was one of the first pizza parlors to come to Provo, with good food and an even better ambiance. There wasn't a Friday night you wouldn't find my friends and me packed into one of the vinyl booths, laughing and talking until closing time. I loved the restaurant—and the competitions we'd have trying to out-eat each other—so much that I was bestowed the nickname "Heaps" throughout my youth.

Few things in this world define and connect us quite like food does. Seeing a certain familiar restaurant can flood us with memories, bridging the time and miles between us and family and old friends. Walking past Brick Oven does that for me. And the taste, or even just the aroma, of a special meal your

mother used to make can, à la the famous *Ratatouille* scene, melt away the stress and gently bind up the bruised knees and scraped elbows of adult life.

Food, it seems, is never just food. Eating is an experience. Although they evolve, the ways we grow, distribute, prepare, and consume food are deeply embedded in traditions and preserved by culture. Generation after generation, preparing and eating food has been a way to connect with the people we love.

When, as the managing director of BYU Dining Services, I walk into a BYU restaurant, the first thing that catches my eye isn't the food.

THE Y REPORT

NEWS FROM BRIGHAM YOUNG UNIVERSITY



Chocolate Hunters

Rappelling 50 feet into sinkholes in the Mexican jungle, guarding against killer bees and the aggressive fer-de-lance snake, discovering ancient ruins—it sounds more like an *Indiana Jones* movie than academic research.

But it was just such an adventure that yielded recently published research by BYU emeritus professor Richard E. Terry (BS '72) and environmental-science grad students Bryce M. Brown (BS '15, MS '16) and Christopher S. Balzotti (BS '07, MS '10). It was all in search of cacao—the plant chocolate comes from.

WATCH

Scan for a video featuring BYU's pastry chef on the beauty of chocolate.



Cacao beans were more than beloved to the ancient Maya who lived in the Yucatan Peninsula, Terry notes. They were sacred and were even used as currency. Even so, researchers had no idea where the Maya actually kept the sacred cacao groves.

"Cacao only grows in extremely humid, hot climates," says Terry. The peninsula fits the bill for only half the year; outside of the rainy season, it's too dry. To solve this puzzle, in 2013 Terry and his students joined with US and Mexican archaeologists to search for signs of the ancient groves.

Descending into a sinkhole near Coba, an archaeological site south of Cancun, the team stumbled across an ancient stone staircase and artifacts, including ceramic cacao pods used in ceremonial incense burning. Soil samples were tested and found to have traces of theobromine—a cacao biomarker.

Sinkholes, the team discovered, provided the perfect combination of shade, heat, and humidity for cacao trees. Balzotti says he was intrigued by "the ingenuity of the Maya people to be able to grow this high-value sacred plant in areas that otherwise don't support it." *By Denya I. Palmer (BA '16)*

WEB EXTRA

A Taste of the Humanities

Ever sipped on kvass (a bread-based drink from Eastern Europe)? Or sampled *cochinita pibil* (a Mexican slow-cooked pulled pork)? Get a second helping of BYU food content from the spring 2022 *Humanities* magazine: also a food-themed issue, it features a cookbook from College of Humanities faculty who gathered favorite recipes from the cultures they study.

Scan the code below to find recipes that will satisfy both your hunger and your cultural curiosity.



SCAN



ILLUSTRATION: BENEDETTO CRISTOFANI; KVASS: LUPITA HERERA

THE BUZZ

HUMANITIES

Pandemic Art

Alumna Katherine D. Seastrand (BA '16) was named Utah Museum Educator of the Year by the Utah Art Education Association for her creative approaches to making art accessible to students during the pandemic.



KENNEDY CENTER

Model of Diplomacy

In April, 10 BYU students traveled to the nation's capital for a Model Organization of American States event where they met ambassadors and foreign representatives and practiced negotiation and diplomacy.

LIFE SCIENCES

At the Helm

Laura C. Bridgewater (BS '89), a professor of molecular biology, is the new dean of the College of Life Sciences, replacing James P. Porter (BS '76, MS '78), who served as dean since 2015.



EDUCATION

Namaste, Students

School-based yoga may be a promising and resourceful way to help high-school students manage stress and boost mental health, according to research by Paul Caldarella, a professor of counseling psychology and special education.

Bros and Boiz

Be it with sweet treats or savory delights, enterprising BYU students and alumni are finding success—and an extra helping of mentorship—in Provo's food scene.

By Denya I. Palmer (BA '16)

In the fall of 2020, entrepreneurship student James K. "Jimmy" Watson ('23) found himself laboring into the wee morning hours. But not studying at a desk piled with books and flashcards. No, Watson was in his kitchen, counters scattered with flour and measuring cups, experimenting with dough for steamed buns.

At the time, Watson's entrepreneurship professor preached "anti-food business, unless [the concepts] were unique and novel." But Watson couldn't shake his idea for Bun Boiz, a startup that would serve steamed buns with nontraditional fillings. And with planned offerings like the Chosen Bun (spinach-artichoke filling) or the Buncle Rico (the steamed bun meets the cheeseburger), Watson knew "unique and novel" wouldn't be a problem.

To put his buns to the test, it was time to do a pop-up shop and see if Bun Boiz could hold its own in Provo, amid a vibrant food scene offering colorful dishes like tofu and veggie wraps, mini passion fruit cheesecakes, pizookies, spicy ramen, and fresh pupusas.

For help, Watson met with Blake Barkdull (BS '22) and Brandon Barkdull (BA '17), founders of the hit ice-cream sandwich shop Penguin Brothers. The

Barkdull brothers opened for business in 2015 while still students at BYU, growing the business from a food truck to two brick-and-mortar locations. For Watson's test run, the brothers volunteered their kitchen and dished on industry tips.

Even with the expert help, the test run was "a complete disaster," says Watson. The buns weren't steaming right, orders got lost, and the wait time was long. But the buns sold out, Watson says, giving him motivation to keep trying. "People really liked us," says Watson. "They would message us, 'I'm craving these. Where are you guys?'" Watson started up shop at his own physical location last fall, and business is booming.

For the Barkdulls, helping Watson was a way to give back. "That's how we were received into the food community," says Brandon. When the Penguin Brothers first dipped a flipper into the Provo food scene in 2016, Peter L. Tidwell (BA '11), owner of The Mighty Baker and two-time champ on Food Network's *Cake Wars*, gave them a hand up.

"It's just fun to be able to kind of pass that on, something that was given to us freely," says Brandon. "We wanted to do the same."



Jimmy Watson offers a new take on steamed buns with Bun Boiz, his food startup that's quickly become a Provo favorite.

Utah Food Lore

Folklore professor Eric A. Eliason (BA '92) got his first taste of fry sauce as a BYU undergrad. It wasn't until later that year, when he got a strange look after asking for some at a Denver burger joint, that he put the pieces together: **"This is a regional food item."**



"If you want to get most of the iconic Utah foods in one place," says folklore professor Eric Eliason, "you want to go to a locally owned burger place." Chances are they'll have over-the-top shakes, fry sauce, scones, and maybe even pastrami burgers, he says.

Q: WHAT'S AN EXAMPLE OF A UTAH FOOD TRADITION?

A: If you put a straw and a spoon on a table and said, "You're going to get a milkshake. Grab a utensil," Utahns would grab the spoon. In Utah, most soft-serve ice-cream machines are set to 18°F—an unusually cold temperature that makes shakes undrinkable. While over-the-top shakes originated in the Midwest, we credit the Iceberg franchise with making them a Utah icon.

Q: WHAT'S THE STORY BEHIND FRY SAUCE?

A: Fry sauce most likely originated with the now-closed Stan's Drive-In on 9th East in Provo. During the 1960s, when Stan's was an Arctic Circle franchise, customers started asking for "fry sauce": a mix of ketchup, mayonnaise, pickle juice, and paprika that teenage employees had created. After Arctic Circle adopted it, other local companies followed suit. Today, many Utah burger joints keep their fry-sauce recipes secret.

Q: WHERE DO FOLKLORE AND FOOD OVERLAP?

A: Food is often prepared and served with stories, activities, and customs attached. This makes food traditions a type of folklore that is passed down through generations, often in a face-to-face environment, like watching a parent mix potatoes, sour cream, and cheese to make funeral potatoes for post-church gatherings.

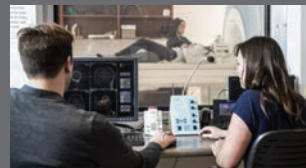
Q: HOW DO FOOD TRADITIONS CONTRIBUTE TO LOCAL IDENTITY?

A: Many foods are associated with large regions, like collard greens and grits in the Southern United States. But few are tied to just one state, which makes Utah's food scene unique. To most people, a *scone* is an iconic English pastry; to Utahns, it's like fry bread, smothered in butter and honey.

ENGINEERING

Sound Wave Surgery

The National Science Foundation awarded electrical-engineering professor Steven P. Allen (BS '10) a grant to research the use of ultrasound waves in neurosurgery to make some brain surgeries truly noninvasive.



FAMILY, HOME, AND SOCIAL SCIENCES

All the Lonely People

Psychology professor Julianne Holt-Lunstad (BS '94, MS '98), found a threefold spike in severe loneliness during the pandemic. Financial trouble, mental-health conditions, and living alone increased the risk of loneliness, while feeling connected to a community reduced it.

CAMPUS NOTE

New VP for Belonging

Law professor Carl Hernandez III (BA '88, MA '92, JD '92), who serves on BYU's Committee on Race, Equity, and Belonging, was named the university's first vice president for belonging.



FINE ARTS AND COMMUNICATIONS

And the Award Goes to...

BYU students won two "Student Emmys" at the 41st College Television Awards. The Television Academy recognized animation students for their short film *Stowaway*, while the BYU AdLab earned best commercial for "Life's Journey."



COUGAR TALES

Indulgences like desserts or pizza—Pay's favorite—aren't contraband. "These are 19-, 20-something-year-old guys," says Wilcox. "They're humans with tastebuds."

Football players and other athletes eat one meal a day at the Legends Grille training table from a menu informed by athletics nutritionists.

Players blend ice, milk, chocolate protein powder, oats, peanut butter, and bananas for a recovery smoothie to eat within 15 minutes of lifting.

200

POUNDS

Meat smoked daily in nine grills outside the Student Athlete Building. Each player snacks on two to three trays with rice daily.

Power Plates

Between learning plays, lifting weights, and running stadium bleachers, **BYU's football players have a lot on their plates**, figuratively. And it's all powered by what's on their plates, literally. Dan Wilcox, director of performance nutrition for the team, puts them on a high-protein, high-calorie plan. "These guys are burning a ton of energy, and we've got to help them recover," says Wilcox. He monitors players' intake, burn, and body composition, adjusting meals to build muscle and avoid unnecessary weight loss. Here's **everything on the typical menu for an o-lineman** like Connor J. Pay ('23), pictured, from breakfast (six hard-boiled eggs and oatmeal) to bedtime snack (peanut butter, banana, and protein drink).

6,500 calories

The average daily intake of an offensive lineman—offsetting an equally high calorie burn. Putting down that food is "part of the job," says Pay. "It's hard work."

2 hours

How often the athletes eat to fuel workouts and fit in everything on their meal plan.

Cougar Chow

Good play starts with good food. Just ask the BYU women's track athletes, who go out for Mediterranean before each meet, or the men's basketball team, who wouldn't miss their pre-game meal from Greenhollow Catering. Here are a few more **food traditions from BYU athletes:**



Can't Beet Hydration

Before facing down a hard workout, Dallin J. Draper ('24) and his fellow track and field sprinters reach for their go-to drink: beet juice. "I don't know if it helps us," he admits, "but it definitely makes us feel better about the workout."

Scoring Chocolate

Women's soccer head coach Jennifer Rockwood (BS '89) has an impressive .714 win record. Defender Zoe R. Jacobs ('23) adds one more win to the list: "Before every game [she] hands every player two Dove chocolates as we head out to the field. Some players eat them right away, but I save mine until after the game."



Foodie Favorites

Women's golf goes for variety when on the road, sharing their best finds on their team foodie Instagram account. "It's become a tradition to find the best-rated places wherever we are and go eat there and leave a new rating," says Kerstin N. Fotu ('22). Follow along: @byuwgolf.foodies.

Cougar Fuel

Jack T. Barnett ('23) says that men's tennis team "loves getting nutrition smoothies and breakfast burritos from the Fueling Station," an on-campus spot in the Student Athlete Building where players can grab balanced breakfasts and snacks to power their weekday training.



VIP Gummies

Athletics dietitian Rachel Dull Higginson (BS '03) worked with food scientists to create a sweet and sour energy gummy snack exclusively for BYU student athletes, and it's a hit. "I love the sour gummies!" says Kendell M. Petersen ('22), women's soccer outside back. "Our team eats the red ones first every time." Basketball forward Lauren K. Gustin ('23) adds, "We always have them on hand, and girls munch on them during practice and games."

FOOTBALL

NFL Bound

Four Cougars from the 2021–22 team joined the NFL: Tyler A. Allgeier ('21) was a fifth-round pick for the Atlanta Falcons. James M. Empey (BS '21) signed with the Dallas Cowboys, Samson L. Nacua ('21) with the Indianapolis Colts, and Neil A. W. Pau'u (BS '21) with the Buffalo Bills.

COUGARETTES

Champs, Again

The BYU Cougarettes won both the Division 1A hip hop and jazz national championships at the 2022 NDA College Nationals in April—raising their national title count to 22.

WOMEN'S RUGBY

Back-to-Back Titles

The BYU women's rugby team defended its crown in April, beating Virginia Tech 80–7 in the College National Championship, in Houston.

SOFTBALL

Winning Inning

Extending their win streak to 17-straight games, BYU softball secured a WCC title as co-conference regular season champions when they beat the Saint Mary's Gaels 10–0 in May.

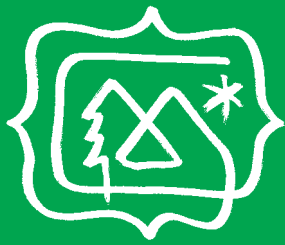
WOMEN'S TRACK AND FIELD

Chasing Titles

Ashton Riner Lunt ('23) won BYU's first-ever javelin title at the 2022 NCAA outdoor track and field championships with a throw of 58.24 meters. Courtney Wayment Smith ('22) took the steeplechase title.



Ashton Riner Lunt ('23)



ON DISPLAY

In her quilt-like piece *Pietà*, student artist Sara Lindsay likens the ephemeral nature of flowers and food to the brevity of the Savior's life on earth. In both cases, she says, the promise of restoration is certain: the flowers bloom again, just as Christ lives again.



Memory Preserves

Artist and recent grad Sara Crockett Lindsay (MFA '22) has always been a gatherer. As a young mother on a tight budget, Lindsay began collecting and preserving the fruit that fell from her neighbors' apricot trees. Now a mother of six pursuing her passion for art, she uses drying, canning, and cooking techniques to preserve natural materials for her artwork:

"My studio has become a kitchen, with pots and ingredients," she says.

This quilt, part of Lindsay's MFA thesis exhibition this spring, was made from preserved flower petals. She coated the petals with pectin and sugar—the same ingredients she used in her apricot jam—to get them the right consistency for sewing into quilt squares. Then she stored the squares in plastic bags with pieces of bread to keep them from becoming brittle before she sewed them together. In some cases, she added vinegar to preserve the petals' vibrant color.

The show featured other flower-encrusted creations, including several child-sized dresses coated in a mix of petals and gelatin—a technique she developed by armoring oven mitts in hibiscus flowers, roses, and walnut husks. Of the gloves, Lindsay says, "That's my self-portrait: this real tough, preserving mom." By Rachel E. Teixeira (BA '22)



UNLOCK

Waste Not

Most of us don't consider the fate of our apple core or bread crust. But at BYU a team of sustainability experts is making good use of campus food scraps. BYU's **closed-loop composting system** drastically reduces the amount of BYU food waste entering landfills by turning it into mulches and soils used for landscaping on campus. Here is how crusts and cores grow campus flowers:



1 pound per meal served

That's how much food waste the Commons at the Cannon Center has avoided since ditching trays in 2019. "Eliminating trays changed eating behavior," with more guests taking only what they cared to eat, explains director of student dining Christopher B. Nukaya (MBA '16). Most of the food that does go uneaten from the Cannon's 3,000 meals per day is picked up for composting. Workers at BYU's on-site composting plant combine the Cannon waste with scraps from the Cougar eat, the BYU Culinary Support Center, the BYU Sensory Lab, and a public composting bin at the BYU Life Sciences Greenhouse.



15,000

The number of trees found on BYU's 200-plus acres of landscaping. The university's composting program produces enough mulch for all of them. They combine compost with clay and other soils to create custom mixes: chunky soils end up on hillsides, finer soils in the flowerbeds.



2,000 tons

The amount of material—food waste, grass clippings, leaves, and wood construction waste—composted annually by BYU. It amounts to "mountains" of mulch and soil additives, says recycling supervisor Bill Rudy. Saving on water, BYU uses whey, a dairy waste product, to moisten the mixture as it churns for two to six months.

WATCH

Scan for a video about sustainability efforts at BYU.



PHYSICAL AND
MATHEMATICAL SCIENCES**Cosmic History Mystery**

The formation of dwarf planet Haumea in the Kuiper Belt—home to Pluto—stumped astronomers for decades. BYU researchers solved the mystery: it was created by a collision with one of Neptune's moons during a time of upheaval early in the solar system.

LAW

Raising the Bar

With a pass rate of 96.15 percent, BYU Law ranked among the top 10 law schools in 2021 for new graduates passing the bar on their first try.

BUSINESS

Charitable Feat

Students from the Global Supply Chain Association and the Black Student Union partnered to donate 6,000 pairs of shoes to Nigerian children, smashing their original goal of 2,500 pairs.



NURSING

Platinum Year

To celebrate this year's 70th anniversary, the College of Nursing hosted alumni service projects throughout the summer.

RELIGIOUS EDUCATION

Antiquity in Japan

Kerry M. Hull and Lincoln H. Blumell, professors of ancient scripture, examined ancient Near Eastern texts in Japanese collections over the last three years. Their translations are published in various journals.



Dinner marks the start of evening family time.

When's Dinner?

Hungry for more family time? Look no further than dinner, say BYU researchers.

By Emma Gore Lammi ('22)

Eating dinner as a family is linked with better health, stronger relationships, and, for teens, higher grades and fewer risky choices. Research from family-life professor Jocelyn Smith Wikle (BA '02) and economics professor Joseph P. Price (BA '03) shows that the timing of dinner is also important: families eating earlier in the evening spend 27 percent more time reading together, 18 percent more time playing together, and 11 percent more quality time together.

Wikle, whose research focuses on parental investments in children, says attention from parents is a key factor in teen and child development. After the business of school, work, karate, ballet, and food preparation, dinner can be a great “reset moment” for

families to transition to that essential parent-child time. “Dinner can mark the start of family time, when our activities and focus shift towards each other,” says Wikle.

Wikle acknowledges that different families face different barriers keeping them from the dinner table. Even so, families in her study—regardless of their income, education, marital status of parents, race, or ethnicity—benefited from moving up their dinner routine. Wikle suggests families try eating 15 minutes sooner, whether that means starting at 5 or 7:30.

“Moving dinner just a little bit earlier,” says Wikle, “is going to be beneficial because it often carves out more time to be together.”

GOT FORMULA? Before coming to BYU, food-science professor Bradley

J. Taylor (BS '99) developed formula for preemies. Last year Taylor and his team were awarded a grant from the Western Dairy Center to explore better ways to **test powder formula for *Cronobacter*, a bacterium deadly to babies.** *Cronobacter* contaminations shut down a major US manufacturing plant in February, contributing to the national formula shortage. Find Taylor's take on issues at play behind the shutdown and what's being done at BYU to help at magazine.byu.edu/formula.



For editing professor Jacob Rawlins, ice-cream making started as a hobby and became a lifestyle, complete with handmade mix-ins and punny names for original flavors.



The Classroom Scoop

Students love Jacob D. Rawlins (BA '99, MPA '08), their editing and publishing professor who guides them in a senior capstone class that publishes the travel magazine *Stowaway*. It's because of "the valuable skills and knowledge he imparts to us and his mentorship," says Jensen N. Katschke ('22). "And then also the ice cream."

After the articles are designed and proofed, Rawlins shuttles large plastic tubs of his homemade ice cream to campus in an ice-packed cooler for his students to savor. The creamy dessert is "unique, innovative...something that you can't just get at a store," says Katschke.

Rawlins has invented over 20 original flavors, from Cone Follow Me (vanilla with ribbons of hot fudge and caramel amid chocolate-covered waffle cone chunks) to More Brownie Mint Give Me (chocolate with

"He enjoys making and planning and eating [ice cream], but I think his favorite is sharing it." — **Laura Rawlins**

bites of brownie and Andes mint chunks) and even Cougar Tail (vanilla custard with swirls of maple caramel and glazed doughnut chunks).

Rawlins's cool hobby began while he was pursuing a PhD in Iowa. Staying sane in grad school, he says, required a pastime: "A lot of students...took to drinking. I started making ice cream. I guess you can

debate which one is the healthier habit," he laughs.

His wife, Laura Sumsion Rawlins (BA '95, MA '99), figured the ice cream "was a cute little hobby," but now with two ice-cream makers, a basement ice-cream bar, and a deep freezer devoted to ice-cream storage, she has embraced the lifestyle.

On campus Rawlins involves his classes in more than just the tasting. After creating a new sweet-cream flavor with chunks of lemon cookies and ribbons of tart lemon curd, Rawlins brainstormed names for it with his editing students. Sydney P. Dietrich (BA '22) produced the winner: Now Lemon Rejoice.

Managing melting ice cream isn't easy. "I do have a secret freezer" in a locked Jesse Knight Building copy room, Rawlins admits. "One semester I taught over in the Benson Building. It was a little bit harder because I'd have to haul a cooler across campus."

At the start of each new semester, Rawlins mentions his ice-cream making to a new batch of students—but before long, they learn it's more than a casual pastime. "He enjoys making and planning and eating it," says Laura, "but I think his favorite is sharing it."

By Brooklyn Hughes Roemer (BA '22)



FAMILY FOCUS



Nourish and Strengthen

Empowering children to improve their relationship with food and body image starts at home.

By Tyler S. Stahle

“ONE MORE BITE.” “Eat your carrots.” “You haven’t touched your greens!” “You can have ice cream if you try some broccoli.”

Chances are that you’ve heard or expressed one of these statements recently, all to encourage children to sample and enjoy a variety of foods—and to reinforce healthy behavior at the dinner table.

“The ways parents eat and talk about food and bodies has a big impact on the way kids interact with food,” says Corinne R. Hannan (PhD ’06), associate clinical psychologist in BYU’s Counseling and Psychological Services.

Helping kids develop a healthy relationship with food can be challenging. After all, many adults themselves have an unhealthy, or at least a complicated, connection with eating. In addition, society often portrays thinness as the ideal and leads many to believe that they’re healthy only if their bodies are a certain size or shape. “If we’re able to heal or improve our own relationship with food and body image,” says Hannan, “we can set our kids up...for long-term wellness.”

Most parents hope to teach kids positive attitudes toward food and eating so they can grow into empowered adults, able to choose what they want to eat without nagging feelings of guilt or discouragement.

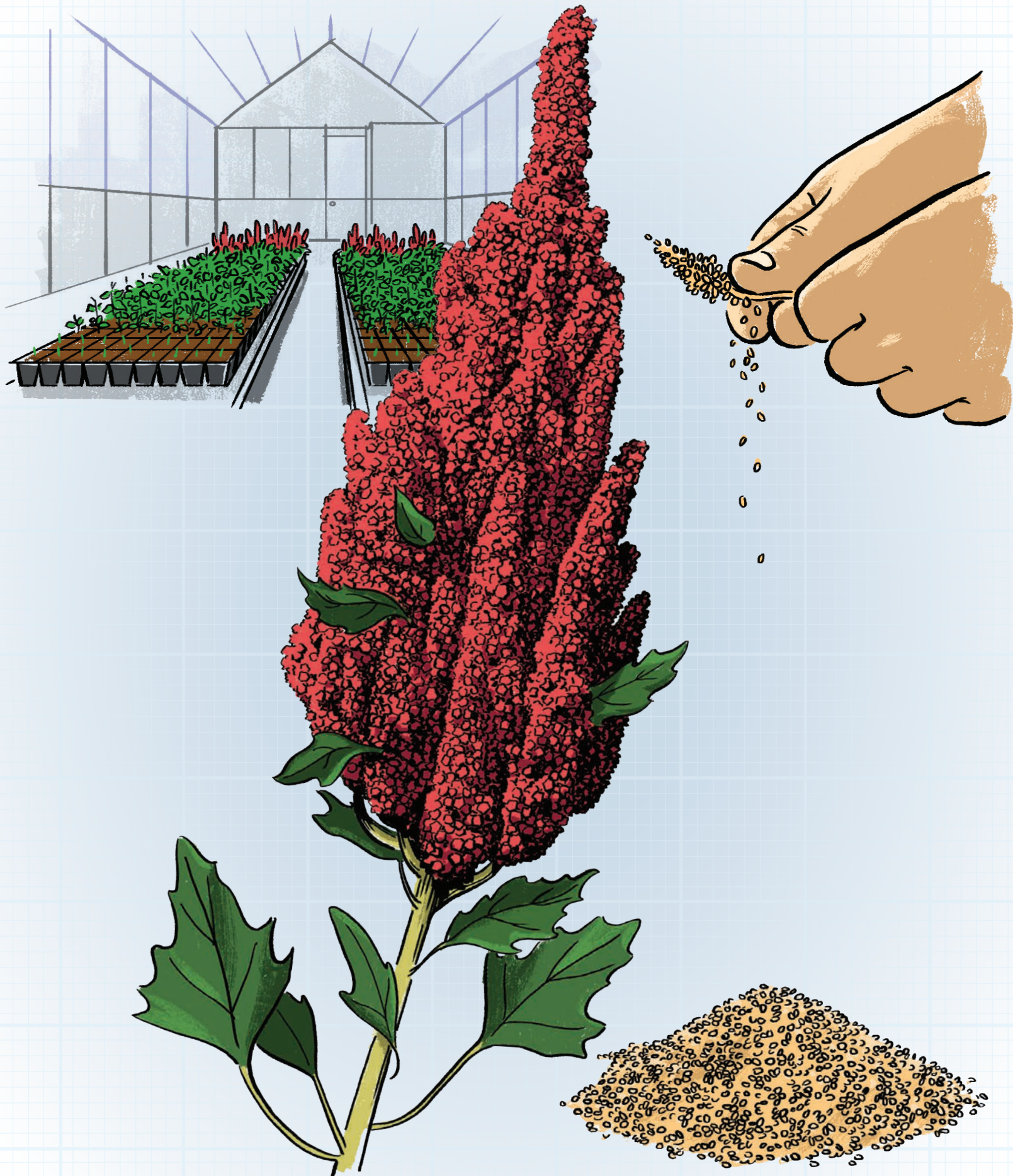
Hannan, who also teaches a class at BYU to help students improve their relationship with food, says parents play an important role in helping children establish healthy and sustainable feelings about food and combatting society’s messages about eating and body image. She recommends four points for parents to consider as they help children build a normal, flexible, and sustainable foundation of eating habits.

1 Model healthy attitudes at family meals. ¶ **“Family meals are a great way to demonstrate good approaches to food as long as you have a good relationship with food yourself,”** notes Hannan. “Speak positively about food and body, cut out judgmental and moral comments about food, and talk about food as a source of energy and joy and connection.” ¶ Include interested kids in meal planning.

2 Sleep impacts diet, according to research from Kara M. Duraccio (BS ’13, MS ’16, PhD ’19), BYU professor of clinical and developmental psychology. She found that teens who don’t get enough sleep (less than six and a half hours per night) are more likely to consume foods high in carbs and added sugars. ¶ “When our kids understand how they sleep and what they eat impacts the way they feel and the way they perform, they’re empowered to make their own choices by listening to their body,” says Hannan.

4 Be patient. Helping kids have a positive relationship with food comes with time, love, and consistency. ¶ The most important thing a parent can do is **help children to feel confident in their divine worth** and to trust the “divinity and wisdom of their bodies,” Hannan says.

3 Don’t use food as a reward or punishment. Hannan admits to telling her own children that they “could have a treat if they finish their dinner.” This approach, however, elevates the treat, making it more desirable than the meal. ¶ “Include dessert as part of dinner, for young folks especially,” says Hannan. **“The more forbidden sugar is, the more likely people are to develop a strained or all-or-nothing relationship with it.”**





of



BY SARA SMITH ATWOOD (BA '10, MA '15)

ILLUSTRATED BY ARTHUR MOUNT

When New Jersey school teacher Joan Perry saw tiny green quinoa shoots sprouting in the salty, sandy soils of Guyana, it was a miracle—and she knew it.

Like most of us, Perry hadn't even heard of quinoa until the 2010s, when the tiny round grain trended as a "superfood" packed with protein and vitamins. Perry, a native of the South American country of Guyana who came to the US as a teenager, added the hardy seeds to her salads because they fit the plant-based diet embraced by her Seventh-day Adventist faith.

Those tiny seeds became so much more to her in 2014, when Perry and her nine siblings inherited 350 acres of farmland in Guyana. Perry wanted to use her portion to do good in the world, and when a colleague suggested planting quinoa, she felt inspiration from God.

But when Perry approached the Guyanese agricultural ministry about importing seeds, she was almost laughed away. Quinoa had never been grown in Guyana. The tropical nation, located on the continent's northeastern shore, was home to saltier soil and lower elevation than the grain's native Andes habitat. "But I was determined," Perry says. "And I know the God I serve. I would leave no stone unturned."

Perry's research and prayers led her to BYU's Eric N. Jellen (BS '86), a crop geneticist. His team was the first to map the quinoa genome, and they were elbows deep in crossing domesticated quinoa with wild varieties to create drought-hardy hybrids that could grow across the globe.

The Guyanese agricultural ministry eventually agreed to a feasibility study of the BYU seeds. Seven sites tested. Seven successes.

Abroad and closer to home, BYU research is sprouting in a variety of promising solutions to food and nutrient scarcity.

That tiny grain, it turns out, just might be a viable solution to alleviating hunger in Guyana and around the world.

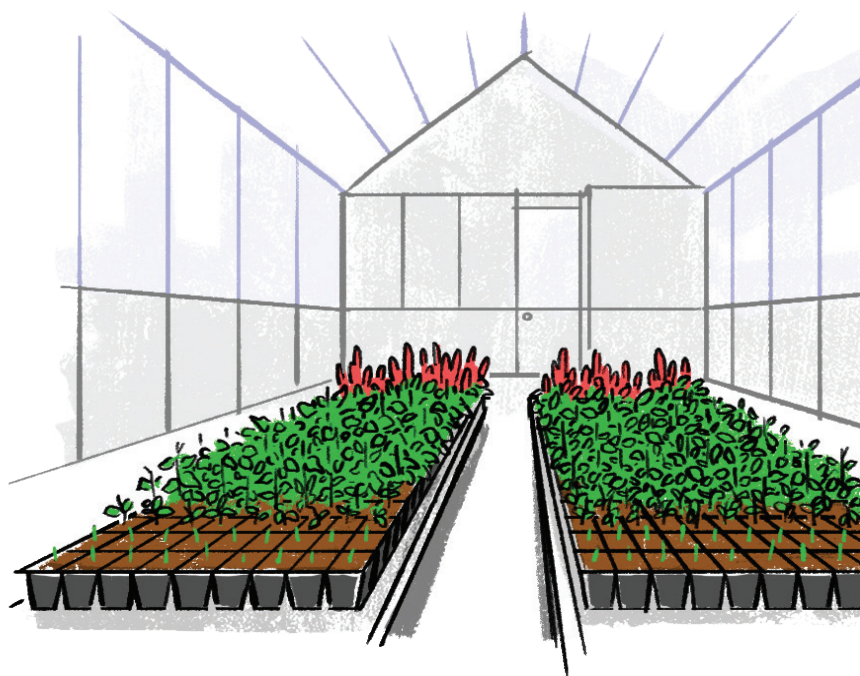
Hunger in today's world isn't always about a lack of calories; often, it's a lack of nutrients. "You see those deficiencies in the developing world," Jellen says. Tropical countries, he says, rely on starchy foods like yuca and cocoyam. In the South Pacific and Southeast Asia, it's rice. In West Africa, corn. These staples are "vitamin and protein deficient," explains Jellen. "It fills their bellies, but they're starving for protein" and essential nutrients like iron, vitamin K, and B vitamins. Even in the United States, food deserts—areas where it is difficult to access affordable food—make it hard for those experiencing poverty to get adequate nutrition. Nutrient deficiencies can lead to severe health problems—from low birth weights and short stature to cognitive impairment, diabetes, hypertension, rickets, and blindness.

Food and nutrient scarcity are not new challenges. But throw climate change into the mix—with farmland and staple crops threatened by drought, increasing temperatures, and rising sea levels—and it's critical to look for creative approaches to addressing hunger at home and abroad.

BYU researchers across campus are doing just that. They're planting seeds—in Jellen's case, literally—in the hope that their efforts will eventually bear the fruit of sustainable, localizable ways to address nutrient deficiency and feed a hungry world.

"If we are able to produce quinoa, then we can save the next generation from falling through the cracks of malnutrition."

—JOAN PERRY



GOING WITH THE GRAIN

Guyanese soils aren't the only surprising destination for BYU-bred quinoa seeds, grown just a half mile south of campus in the BYU Life Sciences Greenhouse. Jellen's team has sent seeds to farmers and researchers in Kenya, Malawi, Pakistan, Saudi Arabia, Vietnam, Thailand, and other places where it is too expensive to import the grain.

It started in Morocco. In the early 2000s Rick Jellen's quinoa work was just sprouting; he'd spent the previous decade mapping the genetic ancestry of oats. When in Morocco hunting for an elusive wild oat variety, he hit on something more pressing: Moroccan researchers told him that drought and rising temperatures were leading local subsistence farmers to "abandon their protein crops, the traditionally grown legumes like chickpeas and lentils." So Jellen thought: Quinoa doesn't mind dry earth. Why not see how it does in Morocco?

The plants struggled at first, but after Moroccan researchers spent two decades making selections among the cross-pollinating plants, the breeding project is thriving. Now short green plants, ripe with rusty-hued clumps of protein-rich seeds, line fields tended by local farmers—it's a success story Jellen and his team hope to see replicated across the globe.

"Our goal is to fundamentally alter the adaptation of quinoa so that people anywhere in the developing world, which are mostly low-elevation, tropical, and subtropical environments, can grow quinoa," Jellen says.

The biggest challenge is heat, followed by humidity and salinity. Quinoa has the genetic aptitude to withstand scorching temperatures, but after

millennia of cultivation atop the Andes at 12,000 feet above sea level—roughly the altitude of the Mt. Timpanogos summit—most strains "lost their heat tolerance," explains Jellen. However, the trait lives on in wild quinoas throughout North America. So Jellen, his BYU colleagues P. Jeff Maughan (BS '90, MS '91) and David Jarvis (BS '04, MS '06), and an army of undergrads collect wild quinoa—they've hunted down hundreds of strains, including from the Mojave Desert, the Gulf of Mexico, the plains of Oklahoma, and the North Atlantic coast—and bring them back to the greenhouses to play plant matchmaker.

"That's what you do at BYU," laughs Jarvis. Crossed with commercial-grade crops from Bolivia, the wild varieties bring needed adaptations, like tolerance for heat or humidity, while the domesticated grain produces larger seeds that grow in dry soil. The team has created about 10 successful crosses so far, providing seeds "to growers in countries like Malawi or Guyana" to breed "plants that grow well right where they are," says Jarvis.

Many growing programs were disrupted by the COVID-19 pandemic, including Joan Perry's endeavors in Guyana. But to Perry, the BYU seeds are seeds of hope. The Guyanese government now has funding set aside for quinoa. The hope is to provide better nutrition locally and, once the grain is established in Guyana, to join other South American nations in exporting it to nations in need. "If we are able to produce quinoa," Perry says, "then we can save the next generation from falling through the cracks of malnutrition."

HOPE FLOATS

One building over from the quinoa breeding plots is the lab of greenhouse director Matthew Arrington, a BYU professor of plant and wildlife sciences. There the leafy bright greens of spinach, chard, basil, lettuce, and tomato plants grow in vertical towers from the floor up. The setup has everything a healthy plant needs: steady full-spectrum light, a curated fertilizer mix, and ample water. The only thing missing? Soil.

Hydroponics—growing plants without soil, their roots soaking up nutrient-rich water—creates produce year-round with limited space and resources. “Plants grow a third to half times faster than [when] they are in the soil,” Arrington says—with 2 percent of the water required in traditional agriculture and 5 percent of the fertilizer.

At BYU Arrington is mentoring life-sciences students in using these advantages to feed vulnerable populations. For the Food and Care Coalition, a food bank and homeless shelter in Provo, they’ve designed an indoor hydroponics system to produce lettuce, herbs, and tomatoes. It’s set to be installed later this year. And they’ve recently submitted designs for an indoor farm to Lakota tribes in North Dakota.

BYU-baked hydroponics designs will soon cross international borders. Arrington worked with students, including Maquell K. Drummond (’23) and Connor T. Haderlie (’23), to design a floating aquaponics system to address micronutrient deficiencies in developing nations. Aquaponics is hydroponics, but with fish—a synergistic model in which the fish

provide fertilizer for the plants, and the plants filter the water for the fish.

This summer BYU is bringing the schematics to Nurturing Nations, a school and safe house for children with disabilities or rescued from trafficking in Kofi Kwei, Ghana. Percy Gogoe, the school’s director, traveled to Provo to suggest readily available materials. Bamboo will float the system in the school’s fishpond, and empty water bottles will hold the plants. Twine or even shredded plastic bottles and bags will be used as fasteners.

Nurturing Nations was founded 10 years ago by Laura Belk (’09), wife of biology professor Mark C. Belk (BS ’85, MS ’87), after the couple adopted a Ghanaian child with Down syndrome. The school educates more than 230 underserved children, and the children’s home and special-care house provides for 18 students who have disabilities. Belk, a fish biologist, oversaw the addition of a fishpond there last year.

“Many of these children have not had good nutrition; their growth is slow,” says Belk. “We try to provide that nutrition.”

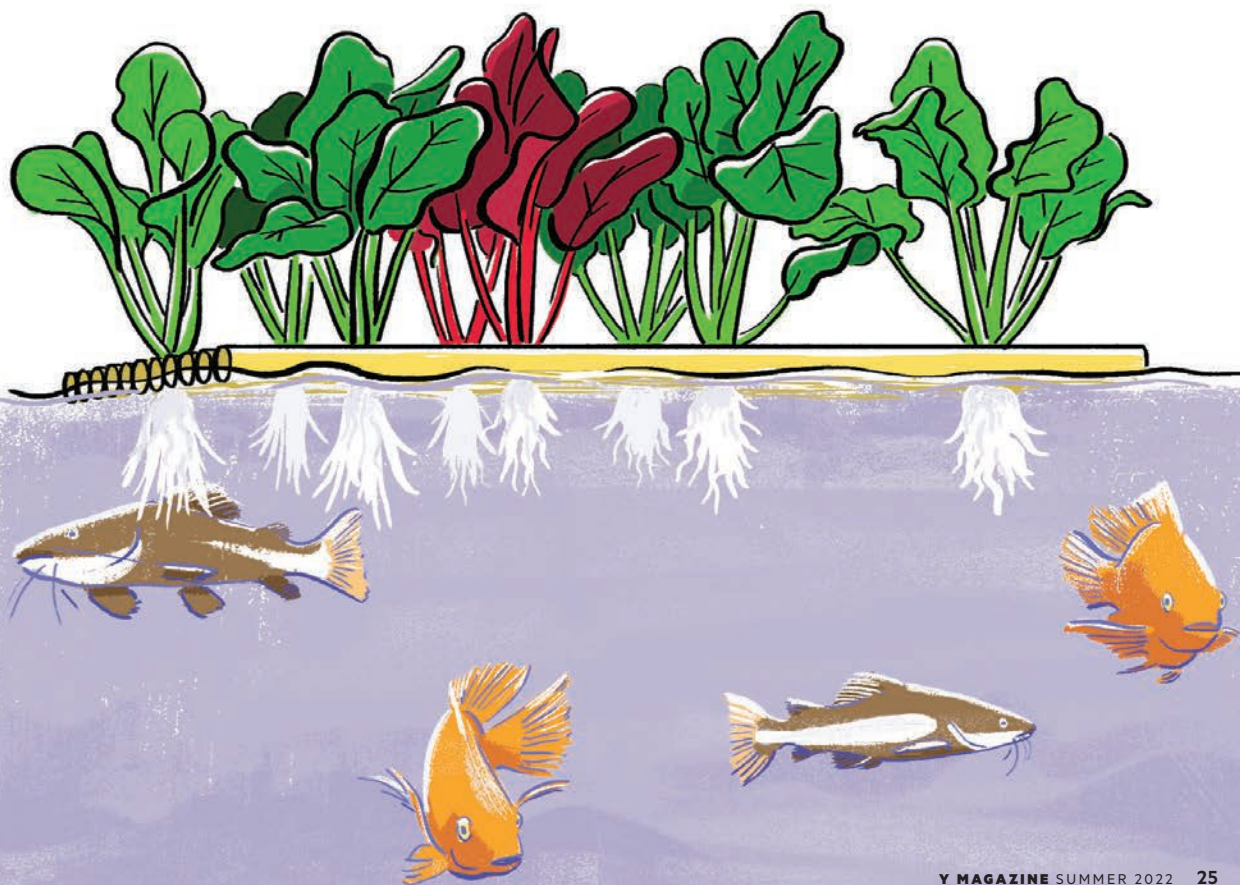
The fishpond, home to catfish, Nile tilapia, and African bony tongue, already supplies protein. Add aquaponics, and the pond does “double duty,” says Belk. “It raises the fish and provides the leafy greens.” This setup “has the potential to make the campus self-sustaining—not just providing food, but also providing cash” to the school when they sell what they grow.

The seeds will come from local markets. “Canary chard and Swiss chards work really well,” says Arrington. So do Malabar spinach and kale. “They have anthocyanins in them, they have vitamin A in high enough numbers, and a lot of iron. There’s some local carrots that can grow in the system.”

In August 16 BYU students (including Drummond and Haderlie) will travel to Ghana to train Nurturing Nations staff and students in operating and maintaining the raft. Drummond and Haderlie also created a simple peer-reviewed aquaponics manual for distributing in the community “to ensure the longevity of this aquaponics system...so that it would actually be helpful for the people instead of end up as floating waste a month after we left,” she says.

They’ll also begin work on a commercial-grade fish hatchery and aquaponics system, with the goal of feeding local children, filling markets with nutritious food year-round, supporting the school, and

Aquaponics systems, like this one designed for a school and safe house in Ghana, create a synergistic environment where fish provide fertilizer for plants and plants filter the water for the fish.



providing vocational training to the students there. The project will be overseen by Ghanaian Samuel K. Lumor ('27), a BYU PhD candidate in biology.

Arrington and Belk are blown away by the passion of students like Drummond and Lumor.

"Students want to implement the skills that they have learned," says Belk. "They have been so blessed, and they have knowledge and energy to bless others." Arrington says students are eager to address world hunger. Hydroponics gives them a tangible skill set to apply. "We can't solve all the problems," he says, "but we have the tools to solve some of them."

FOOD FOR THOUGHTS

Food and nutritional insecurity aren't problems only in the developing world—they just look a little different closer to home.

BYU public-health professor Lori A. Spruance still remembers her jealousy decades ago when she spied the contents of an elementary-school classmate's lunch box: a solitary king-sized Snickers bar. She couldn't believe his luck—to a second grader, the chocolate was a dream meal.

Today Spruance recalls that memory with different eyes. "Maybe he was jealous I had a whole sandwich to eat. There might not have been a parent at home helping him pack his lunch, or they may not have had enough food—and there's no way he could have focused when all he had eaten was 30 grams of sugar."

The image is still vivid for Spruance as she researches and advocates for better access to school breakfasts in Utah. The benefits of learning on a full stomach have been well documented, but the Beehive State falls dead last when it comes to the percentage of students qualifying for free and reduced-price breakfasts who actually show up to eat.

"School-meal programs can help alleviate food insecurity for families," says Spruance. Children in food-insecure homes can't always count on their next meal. Their parents may make tough choices between spending money

on bills or on nutritious food—and when you're counting pennies as prices soar (thanks, inflation), working long hours, and struggling to get to a well-stocked grocery store, convenience-store candy is a lot more accessible than fresh produce. Spruance estimates that roughly one in five students in Utah experiences some degree of food insecurity.

School meals, she says, aren't perfect—though with requirements to include fruits, vegetables, and whole grains, they are nutritionally sound. But coming to school early for breakfast can carry stigma. "It's like, all the poor kids go into the cafeteria and get breakfast," says Spruance. "Or they have to make decisions like, 'I could play basketball with my friends on the playground or eat breakfast.' And then there [are] logistical issues, like if their bus is late."

To address these obstacles, Spruance added her voice and research to an advocacy group helping pass a series of Utah state bills to promote alternative breakfast models. These models bake breakfast into the school day, offering the meal to all students after class starts.

"Alternative breakfast models have shown to increase participation," Spruance says. "And then there's reduced absenteeism, reduced behavioral issues, better test scores."

This legislation—called the Smart Start Utah Breakfast Program—passed in early 2020. Spruance and her student team were set to evaluate the health effects by measuring the levels of nutrients in elementary students' skin. The COVID-19 pandemic temporarily shut down that study—but, perhaps surprisingly, opened the door to a greater public awareness of school-meal programs.

"Food insecurity rates have gone up significantly during the pandemic," Spruance says. School-meal fees have been waived for all students in Utah since early 2020, and Spruance dove into the data: she saw a 43 percent increase in school-lunch participation and a 15 percent increase in breakfast.

"These are needed programs for a variety of reasons," she says. "For some people it's about food insecurity. For others it's about not having to pack a lunch when life is chaotic."



"If kids have a healthy meal, they can learn, they can grow."

—LORI SPRUANCE

Now she's collecting data to pinpoint exactly why participation increased, and she's examining the potential costs and benefits of continuing to provide at least one free, healthy meal to all Utah students each day.

"If kids have a healthy meal, they can learn, they can grow," says Spruance. "They can become the people that they need or want to be. There are kids out there who need access to these programs. It means a lot to me to be able to advocate for them—so that we can eventually reach the kid with the king-size Snickers bar."

PLAYING A PART

BYU quinoa researcher Jeff Maughan recalls traveling to Huancaayo, a mountainous region in Peru, to visit remote quinoa fields overseen by a Lima native who spent decades breeding seeds to improve crop yields.

"The local farmers all come out to talk [quinoa]," bringing their children to meet their American visitors and play in the fields.

The quinoa team's collaborators abroad, Maughan says, likely let BYU researchers into their fields because "we had no commercial interest in the process." Instead, he says, they were guided by an academic calling and spiritual mandate to improve a crop that can feed future generations. Even immersed in the nitty-gritty science, Maughan feels a higher meaning in his work—embodied by the children playing in the fields.

"These children are the 'end product' of quinoa"—themselves the seeds of the future, says Maughan. "I don't think I'm solving world hunger, but I'm playing my part, and that's good enough for me."

Chronic hunger, locally and abroad, is complicated and multifaceted. Each region, each problem, and each hungry child needs a tailored solution. BYU researchers don't pretend to have all the answers, but Jellen says they still feel called to at least try.

"There's just a lot more that we could do and that we should be doing...as followers of Jesus Christ to try and address [food insecurity]," he says. And we can get there, one seed at a time, with "enough effort, enough brain power, being focused on these problems."

Feedback Send comments on this article to magazine@byu.edu.

SHARE

Help spread these ideas for reducing food and nutrient insecurity by sharing this article with a friend.



TACKLING HUNGER

Here are six other ways BYU researchers are working to protect food supplies and alleviate food insecurity:

Mongolian Food Storage

Mongolia's growing season is less than 98 days long. The harvest often spoils, leading to micronutrient deficiencies among nomadic groups. In 2018–19 food-science professor Bradley J. Taylor (BS '99) led a BYU team to Mongolia to teach safe and effective food-preservation techniques.

SNAP-y Class

Prepping nutritious food on a budget is hard—even more so without a kitchen. Nutritional-science faculty James D. LeCheminant (BS '99, MS '01) and Rickelle Richards partnered with Utah State University Extension to adapt the USDA's Supplemental Nutritional Assistance Program (SNAP) education curricula for transient populations. They and their students are teaching at Provo's Food and Care Coalition shelter and studying how the program affects residents' eating, exercise, and health.

Salty Solutions

Soils throughout the world are getting saltier. Most crops don't grow well in salinity, so this forecasts trouble for food supplies. But by introducing salt-tolerant bacteria to roots, microbiologist Brent Nielsen (BS '80) has successfully grown plants in salty soils.

Stabilizing Maize

Farmers lose about 5 percent of corn yields to collapsed stalks. Mechanical-engineering professor Douglas D. Cook received \$10.3 million in funding from the National Science Foundation and the Department of Agriculture to study the biomechanics of stalk strength.

Full Stature

About a third of Tanzanian children don't reach their full stature because of undernutrition. Public-health professors Benjamin T. Crookston (BS '03, MPH '06), P. Cougar Hall (BS '98), and Joshua West recently evaluated efforts by nonprofits to address this problem, finding that a mass-media educational and counseling campaign resulted in healthier children and better-supported mothers.

Facing Drought

In the face of drought in the western United States, an interdisciplinary team including Bryan G. Hopkins (BS '90, MS '91) and Neil C. Hansen (BS '92, MS '94) studies potato, wheat, and alfalfa to optimize yield with less water; Ryan Stewart is looking at pinyon pine and prickly pear cactus as potential drought-resistant crops.

Dieting doesn't work.

BY AMANDA K. FRONK (BA '09, MA '14)
ILLUSTRATIONS BY JOHN S. DYKES

Okay, that may be *a bit* of an overstatement, but BYU experts say there's reason for skepticism about trendy weight-loss diets.

"We can all name five people who have lost 50 pounds, but there are probably hundreds of other people who followed the same diet who did not lose any weight or gained it all back," says dietetics professor Susan Fullmer (PhD '04), a registered dietitian. Cell-biology professor Benjamin T. Bikman (BS '03, MS '05) agrees: "How many times have we seen the reunion tour for the greatest *The Biggest Loser* game-show contestants? We never do because they gain it all back."

Indeed, research has shown that only about 20 percent of Americans who lose 10 percent of their body weight keep it off for more than a year.

But surely a solution is out there in the hundreds of diets and pills and lifestyle plans found in the weight-loss industry, with its projected 2023 global market worth more than \$278 billion. Eschew fat, they say. No, fat is good! Intermittent fasting is definitely the way to go. But breakfast is the most important meal of the day. Eat fruits and vegetables! But not potatoes. Eat protein! Just no bacon. The conveyor belt of dieting advice is constantly churning, with each new idea seeming to contradict the last.

The Diet of

CHAMPIONS?

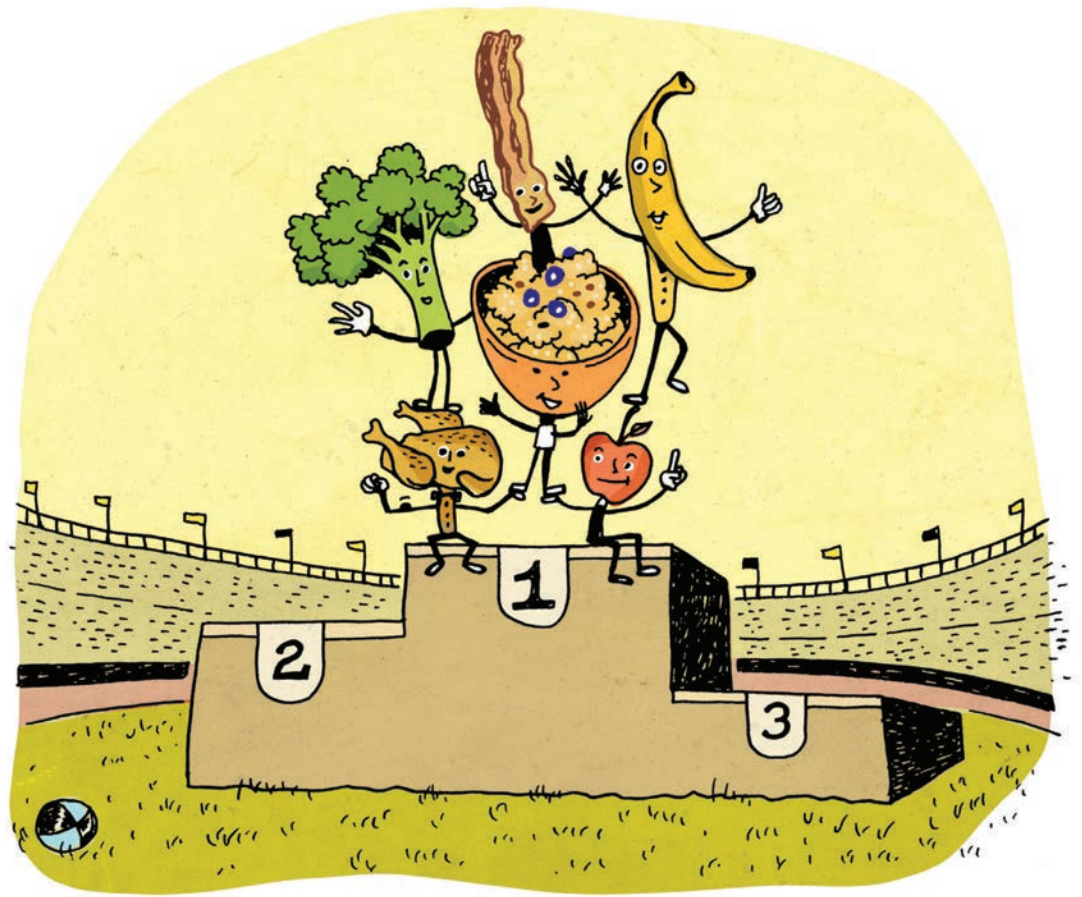
In the stampede of competing dietary advice, how do you pick a winning eating strategy? BYU experts offer three different paradigms to consider.

So what to do? With diet-influenced illnesses like heart disease and diabetes being among the leading causes of death in the United States, clearly our diet choices still matter.

It's a complex landscape, and BYU experts can't resolve all the confusion. What they can offer are frameworks to consider as you work through your nutritional quandaries. Rather than recommend any particular diet—that'll depend on your goals and guidance from your doctor—these experts each argue for a different way to think about dieting, nutrition, and food.



Pace Yourself: Think Broad and Balanced



“Mother Nature didn’t put all the vitamins and minerals and nutrients we need in one food or food group,” says Fullmer. For overall health and wellness, she argues for filling our plates with a broad, balanced diet, sampling from the full buffet of offerings. “All foods can fit into a healthy diet,” she says.

Variety isn’t good just for getting your daily allowance of nutrients. A varied diet is also more sustainable than diets that go to extremes to bring about weight loss. “The more extreme a diet gets, or the more foods or food groups it takes out, the more difficult it is for people to follow for a long time,” she says.

Fullmer also recommends moderating our weight-loss goals, which are often unrealistic. When embarking on a new diet, “we think we’re going to lose 50 or 60 or 100 pounds,” Fullmer explains, but successful weight loss is usually closer to the 5–20-pound range. Though smaller, these losses can still have a big impact on health, lowering blood pressure and the risk of type 2 diabetes and heart disease.

Fullmer says it’s also important to pace ourselves in our other efforts to improve health. We often make too many changes too quickly, she notes, and then “just fall back into undesirable habits really easily.” Here, too, avoiding extremes helps. She suggests starting with one or two small, measurable goals—like packing a lunch instead of eating from the vending machine or adding a vegetable to a meal—and then building on those new solidified habits to move to the next dietary or fitness goal. “Most people aren’t going to go to the gym and all of a sudden become exercise animals,” says Fullmer. “But they can walk. They can set some sort of realistic goal...to be more physically active, without training for a marathon.” There are many small steps toward health, but here’s the hard part: pick just one goal to work on.

When it comes to food choices, nutrition professor James D. LeCheminant (BS ’99, MS ’01) says we should stop gritting our teeth through

extreme diets. Instead, he advises finding a smorgasbord of foods to stock your pantry and fridge so that appetizing and healthy options are readily available.

Landing on a diet that is nutritious and sustainable—and that you enjoy—can require experimentation. LeCheminant suggests trying out a variety of foods and seasonings to create your own customized menu of options. “Find an approach that works for you,” he says. “The mindset has to be you’re in it for the long term. What is a way of eating that you enjoy, that brings happiness, that brings your family together—the social aspect? What...can [you] sustain longer term?”

Don’t know where to start? LeCheminant and Fullmer point to the USDA’s MyPlate plan (available on the web and an app), which breaks down food groups like vegetables and grains, suggests daily amounts, and helps users customize their eating patterns.

Fullmer recommends diets that have been backed by one of the major health organizations to reduce the risk of chronic disease, like the American Heart Association; the National Heart, Lung, and Blood Institute; or the American Cancer Society. Three such eating plans are the Mediterranean, MyPlate, and DASH diets—“all really similar with just minor differences,” she Fullmer. These diets are plant based with room for meat and animal products. They promote eating a variety of fruits and vegetables of different colors and families and focus on eating whole grains more often than refined grains. These approaches protect against heart disease, diabetes, and Alzheimer’s and can even improve mental health.

While weight loss can occur with a broad, balanced, sustainable diet, Fullmer says the ultimate goal shouldn’t be weight but feeling better, having more energy, and creating sustainable habits. “The goal should be changing behaviors, not a dress size, not a certain weight on the scale...or a certain number of pounds lost.”

Get Metabolically Fit

The usual formula for weight loss is a simple one: calories in < calories out. In other words, eat less and exercise more so that you burn more calories than you consume. “If you’re just focusing on cutting back your calories, sure, you will lose some weight,” says Bikman. “But you’re also ensuring your hunger is growing every moment, and hunger always wins.”

As a cell biologist Bikman has his eye on another factor: insulin, the hormone that regulates metabolism and promotes glucose absorption and fat production. As a source of energy for our bodies, glucose comes from carbohydrates and sugars or, when needed, is produced by the liver. When we eat glucose-rich foods—like grains, starchy vegetables, and sweets—the pancreas releases insulin to transfer glucose from the bloodstream into cells. Excess glucose is stored as fat. Thus, ironically, body fat has less to do with eating fatty foods than with insulin’s response to carbs and sugars.

When insulin levels are high for prolonged periods, major issues can arise, says Bikman. Chronically high insulin levels can lead to insulin resistance—when cells become less sensitive to the hormone, resulting in both elevated blood sugar and insulin. And more of that blood sugar is converted into fat. Beyond changes in body fat, elevated insulin levels have been implicated in all sorts of maladies, most notably type 2 diabetes, but also dementia, cancer, heart disease, and infertility.

Most alarming: a 2019 study out of the University of North Carolina found that 88 percent of US adults were metabolically unfit—meaning they had some level of insulin resistance. “Diet is largely causing the problem,” Bikman says. But, he adds, “diet, then, can be the cure.”

For Bikman, it all comes down to reining in insulin levels. “If insulin is low, no matter what else you’re eating, the fat cell cannot help but shrink and thus fat mass will go down,” he says.

Bikman is quick to point out that he is not a dietician. Even so, his research has pointed him to eating patterns that can reduce the production of insulin.

To manage his own insulin levels, Bikman controls carbs, letting “the carbohydrates just be a filler in the diet.” The carbs he eats come from fruits and vegetables, which don’t raise insulin levels as much as foods that “come from bags and boxes with barcodes.” He notes that a low-carb approach has the backing of the American Diabetes Association, which in 2020 stated that there is “the most available evidence to support the use of low carbohydrate diets in improving glucose levels.”

In place of pasta and breads and sweets, he fills his plate with proteins—like eggs, dairy, and meat—seeking as much as 1–1.5 grams of protein per kilogram of body weight.

And he doesn’t fear fat. “We have a strong cultural aversion to dietary fat,” Bikman shared in a 2018 BYU forum, noting that Americans are eating less fat now than we did 50 years ago. “Dietary fat is a remarkable energy source. Because it has no effect on insulin on its own, in a way it has the ability to feed our bodies but not our fat cells.”

For Bikman, creating a healthy diet is not about calorie math—and certainly not about starving ourselves. It’s all about hitting the balance of proteins, fats, and carbohydrates that keeps insulin levels low. “If you can eat calories sufficient to satiate you...but at the same time keep your insulin low, well, now you have a perfect situation.”



“Dietary fat is a remarkable energy source.... It has the ability to feed our bodies but not our fat cells.”

—BENJAMIN BIKMAN

“Intuitive eating is throwing [dieting] rules out the window, with nutrition still in mind.”

—LAUREN ABSHER

Sit This One Out

What if the best approach to diet is not dieting at all? For Lauren M. Absher (BS '07, MPH '15), a registered dietitian nutritionist at BYU's Counseling and Psychological Services, healthy eating has more to do with emotional and mental perspectives than it does with any specific eating plan, per se. With her clients, many of whom struggle with body image or eating disorders, she uses intuitive eating (IE), an approach that centers on a person's relationship with food rather than on weight loss. “Dieting is a quick fix that gives you rules to follow,” she explains. “Intuitive eating is throwing those rules out the window, with nutrition still in mind.”

Absher's typical client is someone who has tried multiple diets, counted every calorie, lost weight, then gained it all back plus some. She knows which foods are “good,” “bad,” low fat, low sugar, or low calorie. She tends to think all-or-nothing when it comes to food; she restricts herself like she's the champion of self-discipline and then binges like it's her last meal. She thinks about food all day, but it is never enough. She is full of both hunger and shame. She has a love-hate relationship with food and just a hate relationship with her body.

These problems, says Absher, represent the drawbacks that can come from years of dieting. “Most of the clients that I work with [have] developed a toxic relationship with food and with their bodies because of dieting.”

Intuitive eating can heal those emotional relationships, says Absher. It has physical health benefits too. The restrict-binge cycle triggered by many traditional diets can contribute to insulin resistance, which leads to type 2 diabetes. IE evens out eating patterns so this cycle doesn't occur. Rather than avoiding sugar completely, IE adherents defuse the urge to binge large amounts of sugar by having more freedom to eat smaller amounts as part of a satisfying diet.

Intuitive eating also counters the weight gain that can be brought on by chronic dieting. With dieting, “a lot of times...the adrenal glands and the thyroid shut down from the calorie

restriction. That can then promote weight gain,” explains Absher. “Some people's bodies will rebel so much against dieting that they will start to store weight, even with severely [restricted] calories.”

So does intuitive eating mean that any eating pattern will promote health? Not quite. But Absher does begin her therapy by giving her clients permission to eat perceived forbidden foods. Breakfast, lunch, and dinner—along with small snacks in between—are all on the table. Once clients have regulated their eating patterns and are getting adequate calories, Absher teaches them to notice their hunger and fullness cues. And with hunger and satisfaction cared for, clients can then work on being around formerly forbidden foods without feeling out of control.

Though intuitive eating does away with traditional diet rules, it is not “eating with reckless abandon. It's not dismissing nutrition,” explains Absher. IE is about getting in tune with the body's hunger, cravings, and response to foods. Some people think that IE is someone craving cookies all day and then eating cookies all day, Absher says. “Well, if someone eats cookies all day and they listen to their body, their body's going to tell them that they're sick from eating cookies all day.”

Absher says that diets fail in part because they are focused on a single objective—weight loss—rather than the many other aspects of good health. “Do I have clients that will lose weight on intuitive eating?” Absher asks. “Yes. But do I use that as a measure of success for healing their relationship with food or health? No.” Instead, she looks to results like lower cholesterol, improved triglyceride and blood-sugar levels, and better liver function. “When clients want to give up on behavior change because weight isn't going down, I help them identify the benefits of making changes that promote physical and mental health, regardless of weight,” she says.

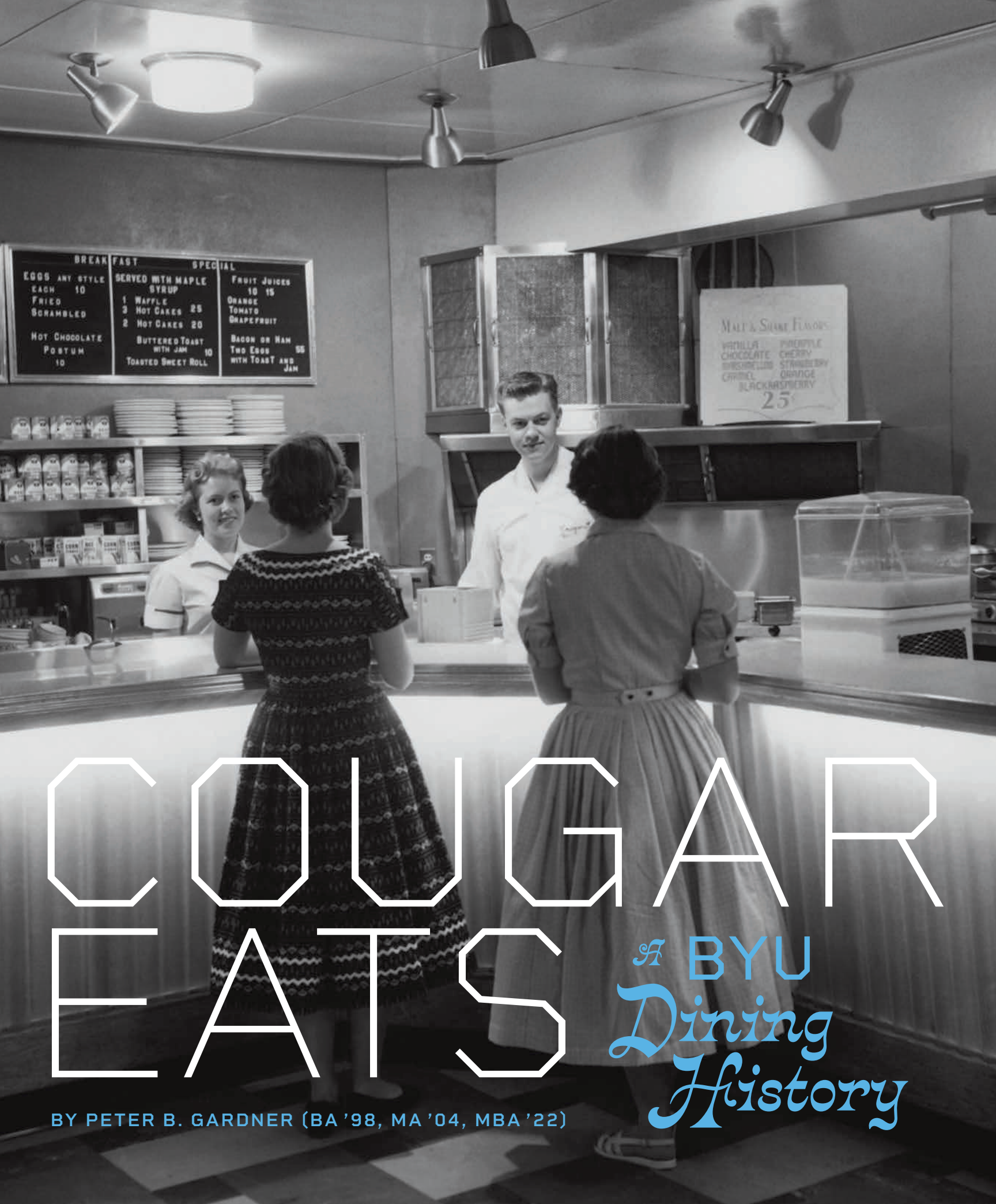
Perhaps the best outcome of intuitive eating is peace, says Absher. For those who have worn themselves out “constantly thinking about food and their bodies,” she says, “intuitive eating can really heal [these] relationships.”

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Send these ideas about food frameworks to a friend.





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COUGAR EATS

A BYU
*Dining
History*

BY PETER B. GARDNER (BA '98, MA '04, MBA '22)

Enjoy a hearty helping

OF MEMORIES FROM NEARLY 150 YEARS OF STUDENT SUSTENANCE.

Want to fill a mind? First you've got to fill a belly.

Keeping young bodies fueled has been a key concern for BYU ever since its academy days. In the early years, out-of-towner students found room and board with faculty and other Provo families. Treated as regular members of the household, the students would crowd in at the dinner table with their host families—and often pitch in with cooking and dishes.

Over the decades a variety of food establishments popped up in downtown Provo along the bustling juncture of Center Street and what became known as University Avenue. Students could walk over to the famous Sutton's Cafe for lunch or meet up after classes for ice cream or a fountain drink at Keeley's. In 1914 the Hotel Roberts offered 35-cent breakfasts and lunches for students and would long be the venue of choice for school banquets. Provo Bakery

provided rolls and fresh bread starting in the 1890s, and various local grocers competed for students' spare nickels and dimes.

Except for a short-lived experiment with an academy boardinghouse in the 1880s, BYU didn't get into the business of providing meals for half a century, when, in the mid-1920s, the Home

Economics Department opened its kitchen/laboratory to diners. On the top floor of the Arts Building on Lower Campus, the BYU Cafeteria helped many students get through lean Depression years, offering "Balanced Meals at Low Cost." For 27 cents students could load up their tray with creamed dried beef, buttered beets, gelatin

fruit salad, a slice of buttered bread, and a glass of milk.

As the student population grew before World War II and then exploded after, campus dining labored to keep pace. Allen and Amanda Knight Halls (built in the late 1930s) included small kitchens and dining rooms, where students could get credits toward



IN THE 1920s the Home Economics Department turned a kitchen on the top floor of the Arts Building into BYU's first cafeteria. During the Depression, students could go there for a meal at a reasonable price.



FOR THREE DECADES Wells and Myrle Cloward oversaw the massive expansion of BYU's dining offerings, leading to acclaim and awards from industry associations.

When Wilkinson charged Ben E. Lewis (BS '40) with remedying these problems, the director of auxiliary services walked over to the bowling alley. Lewis regularly took his lunches at Regal Lanes, just west of campus, and he'd been impressed by Wells and Myrle Cloward, the young couple working behind the grill. The Clowards had met as teens working in neighboring Provo restaurants and together had already run two successful restaurants of their own. As a sailor in WWII, Wells had been trained in mass food production,

serving 3,000 sailors three meals a day on his Pacific transport ship.

Despite these credentials, the Clowards weren't biting as Lewis repeatedly pitched the idea of taking over BYU's food services. It would be a huge pay cut, and they were living their dream at the Regal Grill. But then, in November 1952, that dream went up in smoke when a fire broke out at the bowling alley. "We stood out in front and watched fire wipe out our business, the business which we had struggled day after day to make successful," Wells recalled.

And so the Clowards reluctantly signed on to work at BYU, marking a turning point in BYU's food history. Not only did they quickly make the enterprise profitable, but they also led efforts over three decades to build major dining facilities like the Cannon and Morris

their housing bill by helping in the kitchen and performing other upkeep tasks. To feed local servicemen, in 1941 the basement of the new Joseph Smith Building was converted into a cafeteria that would become a campus mainstay.

Food options were expanding across campus at mid-century—but

was the fare any good? The early reviews, it turns out, were mixed at best. As he began his presidency in 1951, President Ernest L. Wilkinson (BA '21) claims he heard more complaints about the quality of food than about any other issue. On top of that, campus dining was losing \$18,000 a year.

Campus Dining

A TIMELINE

1884–86 Brigham Young Academy experiments with a boardinghouse on Center Street and 100 West, housing and feeding students breakfast, lunch, and supper for \$10 per month.

1920s The Home Economics Department opens the "B.Y.U. Cafeteria" on the top floor of the Arts Building on Lower Campus, providing healthy meals at low cost.

1938–39 Allen and Amanda Knight Halls open with small kitchens and dining rooms.

1941 A cafeteria is opened in the basement of the Joseph Smith Building to serve soldiers stationed in and near Provo. A snack bar, called the Cougareat, is added in 1953. Altogether, the Joseph Smith Building could serve 150 at a time.

1945–47 Wymount Village, made up of repurposed army barracks, includes a long, one-story dining hall for its residents.

BUILT IN 1941 for servicemen in the Provo area, the Joseph Smith Building cafeteria and Cougareat snackbar (pictured here) became a campus mainstay for food and socializing.

1946 BYU operates a 24-acre farm in northern Provo, providing milk for the campus community and students with experience in animal husbandry. BYU added a poultry farm near campus five years later.

1947 The Knight-Mangum Hall opens with a dining room intended for 200 women that would serve twice that due to demand.

1949 In a Quonset hut on campus, the College of Biological and Agricultural Sciences establishes the BYU Dairy Products Laboratory. Later taken over by Food Services and known as the Creamery, the operation provided campus customers with fresh milk, cheese, and ice cream.

1952 BYU hires Wells and Myrle Cloward to oversee BYU Food Services. Over three decades, the couple led BYU's efforts to meet the needs of a booming, hungry campus.

1953 BYU Catering Service begins providing breakfasts, luncheons, banquets, and receptions. Take Out Catering serves student wards and other outside clients.



Center cafeterias and the state-of-the-art Wilkinson Center kitchen and Cougar eat cafeteria. Along the way, they brought national acclaim to BYU and added touches to campus's distinctive food culture—like the BYU mint brownie, a 1960s Myrle creation. When the Clowards retired in the 1980s, BYU was recognized as having the largest food operation of any single institution in the western United States, serving 45,000 meals per day and employing more than 1,250 students each semester.

In the years since, BYU has remained “one of the largest and most diverse collegiate food services in the country,” says Dean A. Wright (BS’74), director of Dining Services from 1997 to 2022, though student tastes and dining approaches have evolved. The Cougar eat cafeteria with its homestyle

dishes was replaced with a food court in the 1990s, and a handful of new campus eateries sprung up around campus—from the Museum of Art Café (1993) to the Eyring Science Center’s Pendulum Court dietetics lab and café (1998) to Harvey’s (2019), a burger joint in the new Engineering Building. A café inside the Harold B. Lee Library is even in the works. It’s just one more way BYU is intertwining the consumption of food and facts—sustaining both body and mind and building sweet and savory campus memories for generations of students.

It’s as Wells Cloward liked to say, “There’s nothing quite as close to people’s hearts as the food they eat.”

Feedback Send comments on this article to magazine@byu.edu.

1954 BYU plugs in its first two vending machines (featuring fresh fruit and sandwiches). By the 1980s there were approximately 400 vending machines on campus.

1956 Kent Heaps begins selling pizza from a café at the corner of 800 North and 100 East. Renamed Heaps of Pizza, the student mainstay is now called Brick Oven.



Crème de la Creamery

FOR ALL THE WORRY ABOUT LACTOSE these days, the BYU community’s long-standing love affair with all things dairy continues unabated. Milk, in its many BYU varieties—regular, chocolate, cookies and cream, mint brownie—is BYU’s most-imbibed drink after water. The wholesome beverage has become a playful part of BYU’s brand as “the most stone-cold sober” college in America. And ice cream? Over 72 years BYU has created more than a hundred distinctive flavors—two of the newest are Kalani Sitake Road (chocolate with marshmallows, brownies, fudge, and pecan pralines) and Pope’s Postgame Snack (vanilla with chocolate rice crispies, chocolate chunks, and salted caramel). Not to mention BYU ranch dressing, a 1990s creation that compels many a devotee to arrange special trips to campus.

It all began when BYU opened the Dairy Products Laboratory in 1949. Located in a Quonset hut—a corrugated-steel upside-down halfpipe of a building—the outfit received multiple truckloads of raw milk each day from nearby farms and processed milk, cheese, and ice cream for faculty, students, and the larger Provo community at a reasonable cost.

In 1957 BYU purchased a large farm in Spanish Fork, Utah, where agriculture faculty and students eventually worked with 450 head of cattle. Through careful breeding and animal husbandry (including three milkings per day), BYU cows were annually averaging 6,276 gallons of milk and 470 pounds of butter, more than double the national average.

The Creamery got a permanent home in 1964, when the university built the Dairy Products Laboratory Building near the new Deseret Towers. Updated in 2009 as the Culinary Support Center (CSC), the site churns out nearly 200,000 gallons of ice cream each year, sold at the CSC store front, the popular Creamery on Ninth East (CONE) ice cream counter, outlet locations around campus, and even Deseret Book stores.

CAMPUS DINING: A TIMELINE

1957 BYU purchases 440 acres of farmland in Spanish Fork, along with 160 acres of adjoining land. The Spanish Fork Farm would eventually feature 450 dairy cows and a 6,000-tree orchard, providing milk products and fruit for campus and work-study opportunities for students.

1958 The Cannon Center cafeteria begins serving students in the new Helaman Halls residential complex. Coupled with the Morris Center at Deseret Towers (1964), the cafeterias could accommodate 2,000 students at a time.

1958 *Institution Magazine* honors BYU for excellence of service, design, layout, sanitation, and quality of food services.

Early 1960s Myrle Cloward develops the mint brownie: a fudgy treat with a layer of mint icing topped with chocolate icing.



BROWNIES: MICHELLE BAUGHAN COUGAR TAIL: COURTESY L. TOM PERRY SPECIAL COLLECTIONS, UA 827.B314 .075-2

BYU Flavors

SPARKLING YOGURT

Patented by Lynn V. Ogden, a BYU professor of food sciences, sparkling yogurt was sold in the Creamery in the mid-1990s before being licensed to Yoplait.

COUGAR TAILS

Introduced in 2006, these massive maple bars are the best-selling non-drink item at football games (\$72,000 in sales per football game). Cougar Tails have twice been declared ESPN's Concessions Food of the Year.

Y SPARKLE

Long before its exclusive beverage contract with Coca-Cola, BYU created all of its own fountain drinks. In the 1960s, Dining Services director Wells Cloward came up with this pink favorite.

BYU MINT BROWNIES

Based off a variety of mint-flavored brownies at BYU in the 1950s, in the early 1960s Dining Services associate director Myrle Cloward developed a signature brownie with a layer of mint icing covered by a layer of chocolate icing. Today BYU sells 140,000 annually.

1964 The Wilkinson Center opens with a modern kitchen, a 1,000-seat cafeteria and snack bar, and support for campus catering and take-out services. On the top floor is a restaurant with expansive views and a floor for dancing.

1964 The Creamery moves into the Dairy Products Laboratory Building, a permanent structure next to Deseret Towers.

1965 International Institutions National honors BYU dining with its Award for Excellence.

1967 The Cougarreat is moved from the Joseph Smith Building to the Wilkinson Center.

1982 BYU receives the Utah Restaurant Association's Golden Spoon Award, marking the first time the designation was given to a non-restaurant.

1993 The Museum Café, an upscale bistro, is part of the new Museum of Art.

OPENED IN 1964, the Wilkinson Center was a huge step forward for BYU dining, with modern kitchen facilities and a 1,000-seat cafeteria.

1997 The Cougarreat is remodeled to become a mall-styled food court. The first franchise is Taco Bell.

1998 The Pendulum Court Cafe, a dietetics lab, opens with the remodeled Eyring Science Center.

1998 The MarketPlace Café opens in the Tanner Building and in 2008 is expanded to become the Blue Line Deli and Market, a New York-styled deli.

2000 BYU opens a remodel of an acquired grocery store—formerly Kent's Market. Dubbed the Creamery on Ninth East (CONE), the facility includes a 1950s-style diner and is the first full-service grocery store on a US college campus.

2001 BYU wins an Ivy Restaurateurs of Distinction Award.

2004 BYU undergrad Jayson G. Edwards (BA '16) starts selling J Dawgs from a shack just south of campus.

2004 The new Student Athlete Building features Legends Grille, a sports-themed eatery with a menu influenced by BYU athletics nutritionists.



2006 The Cougar Tail, a 15-inch maple bar, is first sold at BYU sporting events.

2008 The Commons at the Cannon Center, featuring a menu with international options, opens in the Helaman Halls complex and replaces the Cannon Center cafeteria.

2009 The Culinary Support Center—a remodel and expansion of the Dairy Products Laboratory Building—begins preparing soups, salads, breads, pastas, and, of course, ice cream.

2017 BYU begins selling caffeineated Coca-Cola products on campus.



2019 Two new campus restaurants are built: Milk and Cookies, a café in the remodeled Cougarreat featuring BYU's famous beverage and creative cookie combinations, and Harvey's (named for father of stereophonic sound Harvey Fletcher [BA '07]), a place for burgers and gelato in the new Engineering Building.

2022 BYU sells its farmland, leased to an external company since 2004, to builder D.R. Horton, which will develop a planned community.

2022 A café is announced for the Harold B. Lee Library.

SHARE
Scan to share BYU memories with a foodie friend.



BYU CREAMERY ICE CREAM

As a way to use excess cream at the Dairy Products Laboratory, BYU began selling vanilla, chocolate, and strawberry ice cream in 1949. Today's most popular flavors are vanilla, Graham Canyon, and cookies and cream. The first flavor named for a BYU personality was LaVell's Vanilla. Each president since Merrill J. Bateman and many coaches have also had their own favors.

NAVAJO TACOS

A Cougarreat favorite from the 1970s, this famous Native American frybread topped with chili, cheese, lettuce, and sour cream can still be found on the menu at the Commons at the Cannon Center.

BYU RANCH DRESSING

Developed in the 1990s, BYU's distinctive ranch blend quickly became a hit. BYU also added blue cheese and ranch light varieties. In 2002, in honor of the Salt Lake Olympics, BYU also developed a fry sauce.

BYU MILK

BYU's famous chocolate milk has used the same Swiss-blend chocolate recipe since 1948. BYU added a strawberry milk in the 1980s and cookies and cream milk in 1998. In 2019, BYU released a mint-brownie-flavored milk to celebrate being named the nation's No. 1 stone-cold sober university for the 21st consecutive year.

TRUE BLUE

STORIES FROM BYU'S GLOBAL ALUMNI FAMILY



From Cod to Korma

Few things are as evocative—or as imbued with meaning—as food.

By Andrew T. Bay (BA '91, MA '94)

Once, upon returning to the United States after a visit to my wife's family in Portugal, the sniffer dogs in customs began barking at Ana's suitcase. They had good reason: she had loaded it with *bacalhau* (dried salt cod) and *queijo de Azeitão*, a creamy sheep's cheese. I had recommended not sneaking in the food; but Ana only looked at me as if I'd suggested washing lettuce in bathwater. When

an officer opened the luggage, he found a (strategically placed) layer of underwear and other dirty clothes on top. Embarrassed, he apologized and stopped his search, which may have saved us from a fine. The moral: a Portuguese and her cod are not easily parted.

My late wife, Ana Maria de Oliveira Raposo Preto-Bay (PhD '02), quite literally grew up in her mother's restaurant

across the river from Lisbon. Ana delighted in making—and eating—traditional Portuguese cuisine. In the kitchen she was savvy, fast, and had perfect timing. Uncowed by new foods or processes, from canning to bread making, when confronted with a supposedly difficult recipe she'd ask, "How hard can it be?"

While living in the United States, Ana managed her deep longing for home by cooking. Holidays meant countless varieties of *doces* (sweets) and *salgados*

Salt cod, a symbol of Portugal's seafaring heritage, is the basis of countless Portuguese dishes. It is soaked in water to remove the salt before being cooked.

(salty/savory foods). Our Silampos pressure cooker hummed with everything from pork loin roast to chicken fricassee to squid. Whenever we could get it, there was *bacalhau*, often served in *pataniscas* (cod fritters) or *pastéis de bacalhau* (cod cakes). Ana's legendary meals, combined with my family's desserts, strengthened our family and created lasting friendships. For years guests sat at our table far more often than not.

Just after we married, we moved to Portugal for five months. I was there to learn some Portuguese—but acquiring a taste for *bacalhau*, it turns out, mattered equally. My father-in-law, already skeptical of me, interpreted any reticence eating it as proof I was defective. On Saturdays we ate it alongside cabbage, garbanzo beans, and raw garlic. On other days, it was *à Gomes de Sá* (with onions and potatoes) or *com natas* (baked with cream). As my taste for *bacalhau* grew, I felt less like an outsider and more connected to Ana, her family, and her native land.

Most Portuguese eat *bacalhau* for Christmas, and on Christmas Eve Ana would serve our family and guests *bacalhau à brás*—shredded and mixed with onion, garlic, olive oil, small french fries, eggs, olives, and flat-leaf parsley. It was more than just delicious: it *meant* Christmas. For Ana, forgoing cod would be like me having no Christmas tree. We made a turkey dinner, too, because we wanted the kids to have both traditions. In time we replaced the turkey with a divine Indian korma. But the

bacalhau remained because each bite took Ana home.

Ana's perfect timing ran out in 2014, when—very suddenly and still young—she died, leaving me and our four sons stunned and bereft. Overnight our food traditions became painful reminders of her absence. Our home and kitchen had lost its soul, along with the daily sizzle of onions and garlic in olive oil and the sound of Portuguese spoken over a meal. Only as my bitter grief subsided could I slowly reintroduce some of Ana's foods at the table. Doing so involved pain and heartbreak, but it also reminded me of the blessing she'd been to me, and that helped me heal.

What would be our codfish?

Some years later, I remarried, and my wife, Amy Thornton Teemant (BS '03), and I have undertaken the audacious task of blending families. Combining kitchen utensils—Which knives do we keep? Whose slow cooker?—was the easy part. But integrating families requires creating new traditions. I knew the role of *bacalhau* in my adaption to a spouse and family from another culture. What food traditions could help us feel like we belonged together? What would be our codfish?

Early in our marriage I cooked a lot, on purpose, because food was one thing I knew went far in shaping a new family identity. Plus, I had sold my house and moved into Amy's place, and familiar smells and tastes helped me and my youngest son feel more at home. Amy's tastes—rooted like mine around the pillars of Indian and Thai cuisine—began skewing like mine toward foods heavy on the onions and garlic. Ana's Portuguese influence was still so much a part of me, and it couldn't help but emerge in the kitchen; I couldn't cook any other way. Amy, herself a widow, brought her own family recipes and those of her late husband, Leo, to bear as well. There were four of us in the kitchen.

I had often made a special korma featuring onions and garlic, ground nuts and spices, cilantro and yogurt and cream—the Christmas Eve korma Ana and I had served. Amy's kids, like mine, were mad for it; even as little waifs they could pack it in. So we've continued it as a special

meal for guests, St. Patrick's Day (because of its greenish sauce on account of the cilantro), and, of course, Christmas Eve. For dessert at Christmas we've settled on a fruit trifle made of a special yellow cake recipe and a particularly delicious English custard recipe. Now five years in, those and many other food traditions feel cemented into place: we have memories and photos.



Left: Andy Bay celebrated his marriage to Ana with his first taste of salt cod.

Right: Andy and his second wife, Amy, celebrate Christmas Eve with a favorite trifle.





ALUMNI ARTS

Foodie Photography

“I never wanted a food career,” admits Los Angeles–based food photographer Erica M. Allen (BFA ’15). “I was always into photography. Even as a toddler I’d line my toys up and take pictures of them with my mom’s film camera.”

Food did play an important bonding role in her family growing up—“we were food-centric,” she says. She found herself gravitating toward food themes midway through her time at BYU, and food became the focus of her BFA and early freelancing.

Today, for restaurants, food companies,

and magazines, Allen works with prop and food stylists to create vibrant still lifes, plated masterpieces, and whimsical stop-motion videos of food. She researches food and photo trends and works with color, texture, and light to tell food stories.

Although food photography wasn’t where Allen expected to land, now she’s all in. “I’ve loved it and have never looked back,” she says. After all, “food is a universal subject of photography,” Allen notes. “Not everyone uses lipstick, but everybody eats!”



ERICA ALLEN '22





After finding healing from her own eating disorder, Anna Packard now helps others overcome unrealistic body ideals and develop positive relationships with food.

GOING FORTH

Making Peace with Her Body

After struggling through an eating disorder, an alumna is helping others find their way.

By Rachel E. Hatch ('24)

Anna Manwaring Packard (BS'03, PhD'10) cried when she learned her first child would be a little girl. But her tears were not tears of joy. "I felt so scared that she would go through what I went through with an eating disorder," Packard says. "I didn't want that for her."

Today as a therapist who treats clients struggling with body image and eating disorders, Packard knows firsthand how pressure to be "perfect" can make one's body feel like a product and turn food into a nemesis.

As a teen Packard started at a new high school after a family move. Between trying to make friends and struggling with depression, she felt overwhelmed. Her stress morphed into an obsession with food and weight. "I remember how uncomfortable I felt in my body and clothes," Packard says. "I remember how anxious food made me and how afraid I was of weight gain."

In response she entered a vicious cycle of starving herself, bingeing, and purging. Food occupied

almost all her thoughts as calorie counts, avoidance strategies, and weight management became more important than friends, family, and school.

At BYU her eating disorder worsened. "Everyone was incredibly smart, disciplined, talented, spiritual, and beautiful," Packard says. "Coming from a perfectionistic mindset, I felt I was never enough of those things."

By the middle of her freshman year, Packard realized her obsessive thinking was destroying her connection to others. She confided in her mom, who encouraged her to reach out for professional help.

As she met with her psychologist, Packard began to heal and develop hope—that she could change her relationship with food and overcome her perceptions about her body and that she didn't need to meet some unrealistic ideal "to have love, connection, and success in my life," she says.

As she recovered, Packard found she finally had

time to enjoy life. She immersed herself in her psychology coursework, determined to provide others with the same hope she had discovered.

After completing a PhD in psychology, Packard worked at an inpatient residential hospital for eating disorders. She then worked four years at BYU's Counseling and Psychological Services (CAPS) before joining a private clinic focused on eating disorders. Her own experience allows her to empathize with her clients: "I understand how scary it feels to relinquish rigid standards, behaviors, and beliefs and open yourself up and be vulnerable."

Packard has come a long way from the terrified new mother she once was. She's found power in having a positive relationship with food and her body—helping her teach her children and clients the importance of self-acceptance. "The most empowered versions of ourselves are found when we live inside our bodies as they're meant to be lived in, which is to bring us joy," she says.

SERVICE STORIES

In *Going Forth Y Magazine* shares stories of alumni making the world a better place by serving in their communities, congregations, and homes. Let us know when you see an alum going about doing good. Send your nominations (and any photos) to alumninews@byu.edu.

GOING FORTH

Creating a No-Hunger Zone

Business partners join forces to fight hunger in northern Utah County.

By Margaret J. Sheffield ('23)

"Times were very scary," says Alvin W. Switzler (BA '71), reflecting on his childhood. "Thank heavens I had friends and neighbors who fed me." Growing up Switzler often worried about where his next meal would come from, as his teenage mom didn't always have the resources to care for him.

Years later, this experience—along with encouragement from his wife, Linda Brady Switzler (BS '71), to make a difference in their local community—drove Switzler to cofound a food pantry with his VitalSmarts business partner Michael D. Carter ('81).

Carter, whose father had also experienced food insecurity, had once envisioned a sign that said, "Welcome to Pleasant Grove: A No-Hunger Zone." The idea of creating a no-hunger zone caught hold of the pair, especially after discovering that the greatest unmet food needs in Utah were right in their own backyard in Utah County, where one in six children is food insecure.

In 2016 the two opened a food pantry in American Fork, joining forces with Tabitha's Way, an existing pantry in Spanish Fork. Tabitha's Way founder Wendy Osborne named the pantry after a figure from the Bible known for her generosity to the poor and needy. Together, the pantries serve 7,000 to 7,500 people a month—mostly the working poor. Half of the recipients are children.



Switzler notes that many who face financial struggles don't have any support. "A lot of people have to make hard decisions: do I pay the electricity bill, fix my car, pay the medical bill, or buy food?" he says.

Carter remembers a Vietnam veteran named Robert who reached out to the pantry. Living alone with no means of transportation, Robert had been living on tomato soup made from water and fast-food ketchup packets for several days. A veterans organization later gave him rides to Tabitha's Way every two weeks for several years. Upon meeting Carter, Robert thanked him and confided, "You saved my life."

Carter and Switzler view conquering food insecurity as the first step to overcoming poverty. "We can educate people, but not if they're hungry," says Switzler. "People can do lots of things, but not if they're hungry."

They acknowledge the stubborn persistence of food insecurity, noting the biblical truth that the poor are always with us. "We're not going to close," says Switzler. "We're not going to go on vacation, because hunger and food insecurity don't go away

Al Switzler (left), Mike Carter, and a host of volunteers provide food and basic necessities for individuals facing food insecurity in Utah County through the food pantry Tabitha's Way.

or take breaks. There will always be divorce and violence and back surgery and medical bills and job loss."

Carter and Switzler credit the modern-day Tabithas who contribute to the pantry's success, from financial donors to women who gather day-old bakery bread each day to youth groups to the 12 local supermarkets that donate meat, produce, dairy products, baked goods, diapers, and hygiene products. "Although we started it," Switzler says, "we just manage it."

Carter adds: "Christlike people want to live their religion—and we provide a way for them to do that."





LETTERS
FROM HOME

[Mom's Apple Pie]

This recipe is from the old yellow Betty Furness cookbook, a wedding gift. When she was in eighth grade, Charlotte made a rhubarb pie, using this recipe, for Grandpa Rosel Walker when they were visiting us in Boise. Grandpa said, "If I hadn't watched her, I wouldn't believe that she made it." It was so good!

Crust

Sift 2 cups flour (sifted) and 1 tsp. salt into bowl. Take out 1/4 cup. Add 3/4 cup Crisco or other shortening. Cut shortening into flour with 2 knives (or pastry cutter). Mix 1/4 cup water and 1/4 cup reserved flour to make paste. Pour into flour. Gently mix together with fork, then form 2 balls with hands (add a little water if necessary). Do not overmix. Roll out one ball - putting in pie plate.

Filling

Mix together:

1/2 cup sugar
4 Tbsp. flour
1 tsp. cinnamon



Pour over 4 1/2 cups cooking apples. Put into pie shell. Dot with butter.

continued on next page

mom's apple pie

salads

thanksgiving

A Handful of Shortening

You never forget someone who lovingly cooked for you.

By Michael R. Walker (BA '90)

"I LIKE MY pie in round pieces, hot or cold."

My dad's oft-repeated pie preference echoed in my head as I topped juicy apple slices with cinnamon sugar and dots of butter.

After we arrived home from the hospital with our first son, apple pie seemed a fitting offering to celebrate an incomparable miracle. Having witnessed my wife's courage in bringing a new life into the world, I felt insignificant, infinitely grateful, and more than willing to make dessert.

As I cut vents in the top crust, then crimped the pastry edges, I also thought of my mom's patience when she first talked me through the recipe, which she had practiced and perfected. I learned her secrets for a flaky crust: use ice water and don't overwork the dough.

Every time I make a family recipe, I glimpse the years of work in the kitchen and the love shared with me at the dinner table by parents and other relatives—efforts that occurred with little notice and appreciation from me until I left home.

As a home-starved missionary living in Ecuador, I missed the pancakes Dad cooked on Saturday mornings. So I wrote home to Idaho asking for the recipe, along with my mom's version of Italian spaghetti and crêpe suzettes (a Christmas tradition).

I soon discovered that many of my dad's recipes began with two cups of flour and a cup of shortening, which he scooped out with his bare hand instead of a measuring cup. For his faraway son, he took the time to quantify amounts and share some classic family food stories.

For a family dinner in the early '70s, Dad whipped up his Spanish Delight, a simmering stew

of canned tuna, sweet corn, and tomatoes topped with dumplings, a recipe he invented to feed the "thundering herd"—our family of 11.

Having covered and steamed the dumplings, Dad took the dish to the table and made a big production out of revealing his "masterpiece of culinary art" by raising the lid and saying, "Ta-da!" Inside the electric frypan, however, "lay six flat shoe tongues," the result of him forgetting the baking powder.

**"Fixing you food
is how I tell you that
I care for you."**

—Lin Walker

Years later, with two boys to feed, I typed up my grandmas' recipe cards and asked my family for favorite meals and memories. Fellow foodie and sister-in-law Linda "Lin" Hinson Walker (BS '71) sent Aunt Helen's Smothered Chicken, which revealed: "Her name was pronounced Heelen (with a long E sound). This was because her father wouldn't allow the word *hell* to be spoken in his home!"

The final product—bound with electrical connectors—was dubbed the *Dad-Blasted Walker Family Cookbook*, dedicated to my dad, who was an expert electrician, cook, and storyteller.

A few weeks before Dad died, he reminded me to "enjoy that sweetness while you can." While he was reflecting on the love between spouses and the invisible bond of family, I believe it also applies to *any* offering from the heart. Every time I scoop out a handful of Crisco, I can feel it.

Before cancer also took Lin, she captured the joy of cooking for family on her food blog: "Fixing you food is how I tell you that I

care for you, that I am sorry you had a bad day, that I'm glad that you had a great day. Food communicates... what I so often can't find the words for." I sense her spirit when we make Black Eyes of Texas, a hearty casserole perfect for feeding a big family, a needy neighbor, or missionaries far from home.

Not long ago I made my dad's pancakes—using two cups of flour and oil not measured by hand—for my grandson, shaping the last of the batter into turtles. As the 1-year-old happily ate his first pancake, I could smell, taste, and feel dozens of Saturday mornings past.

In that moment I recalled standing with my dad at the back door of my childhood home, both of us flinging leftover pancakes like frisbees into the backyard for the birds to eat. That memory reminded me again to share the best family recipes—and food stories—with the next generation.



Mike Walker is
an associate editor
of *Y Magazine*.

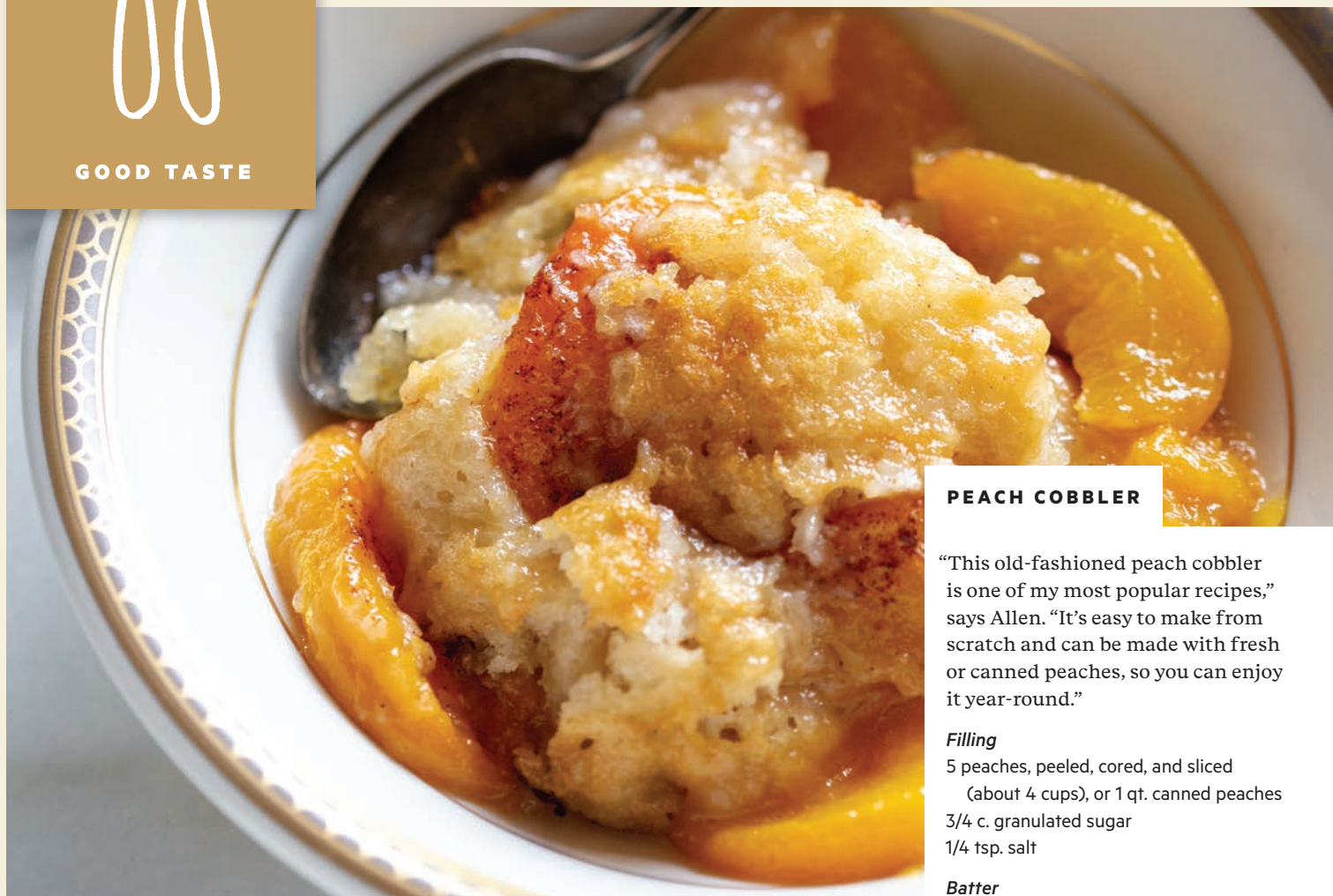
PHOTO BY MICHELLE BAUGHAN

SHARE A FAMILY STORY

In *Letters from Home* *Y Magazine* publishes essays by alumni about family-life experiences—as parents, spouses, grandparents, children. Essays should be 700 words and written in first-person voice. *Y Magazine* will pay \$350 for essays published in *Letters from Home*. Send submissions to lettersfromhome@byu.edu.



GOOD TASTE



Just the Good Stuff

Whether at a five-star restaurant or watching a chick flick, Lauren Bailey Allen (BA'10) is constantly on the lookout for recipe inspiration for her blog, *Tastes Better from Scratch*. Allen has always been passionate about discovering delicious dishes, from helping her mom make breakfast on Saturday mornings as a kid to creating recipes for her own family today. "Life's too short to eat mediocre food," she says. Through both her blog and her soon-to-be-released cookbook, Allen shares recipes and meal plans to help people everywhere prepare tasty meals. Here she shares two recipes that are perfect for a summer evening.

PEACH COBBLER

"This old-fashioned peach cobbler is one of my most popular recipes," says Allen. "It's easy to make from scratch and can be made with fresh or canned peaches, so you can enjoy it year-round."

Filling

5 peaches, peeled, cored, and sliced
(about 4 cups), or 1 qt. canned peaches
3/4 c. granulated sugar
1/4 tsp. salt

Batter

6 Tbsp. butter
1 c. all-purpose flour
1 c. granulated sugar
2 tsp. baking powder
1/4 tsp. salt
3/4 c. milk
Ground cinnamon, to taste

Add sliced peaches, sugar, and salt to a saucepan. Stir to combine. Cook on medium heat until sugar is dissolved. Remove from heat and set aside. For canned peaches, skip this step.

Preheat oven to 350 degrees. Slice butter into pieces and add to a 9 x 13-inch baking dish. Place pan in oven while it preheats to allow butter to melt. Once it melts, remove pan from oven.

In a large bowl, mix flour, sugar, baking powder, and salt. Stir in milk until just combined. Pour mixture over melted butter and smooth into an even layer. Spoon the peaches (including the juices) over the batter. Sprinkle cinnamon over top.

Bake 38–40 minutes. Serve warm.
Makes nine servings.

Deaths

Names of graduates who have died recently may be included in the following list. When you learn of the death of an alum, please contact Joy T. Weller by phone (1-877-827-2218, ext. 6839) or by email (alumni.deaths@byu.edu).

| | | |
|----------------------------|--------|----------------------|
| Graham, Barbara Hanks | BA '40 | Malad City, ID |
| Maw, Mildred June Hurst | BS '42 | Ogden, UT |
| Wilding, Mary Lindsay | BA '47 | Idaho Falls, ID |
| Woodfield, Floyd J. | BA '48 | St. George, UT |
| Anderegg, Carol Clark | BA '49 | Provo, UT |
| Moore, Donald Fred | BS '49 | Portland, OR |
| Randall, Helen Mae Torney | BA '49 | Portland, OR |
| Jenson, Gloria Dawn | BS '50 | Provo, UT |
| Jones, Edward Evans | BS '50 | Billings, MT |
| Weight, | | |
| Cora "Corky" Nowotny | BS '50 | St. George, UT |
| Gregersen, Jack Bradley | BS '51 | Montpelier, ID |
| Sybrowsky, Marion Jensen | BS '51 | Holladay, UT |
| Boyenger, Gerald Lavon | BA '52 | Provo, UT |
| Cox, Lorna Bringhurst | BS '52 | Provo, UT |
| Nalder, Beverley | BS '52 | Orem, UT |
| Sewell, Max Floyd | BS '52 | Hailey, ID |
| Wimmer, Leland Pulley | BS '52 | American Fork, UT |
| Hall, Iona May Snyder | BS '53 | Clearfield, UT |
| Wettlaufer, Mary Snider | BS '53 | South Jordan, UT |
| Gallagher, Robert Francis | BS '54 | West Haven, UT |
| Gonzales, Howard Ralph | BS '54 | Provo, UT |
| Hill, Bruce Paul | BS '54 | Provo, UT |
| Petersen, Max Dean | BA '54 | Layton, UT |
| Smith, Lucille Goff | BS '54 | West Valley City, UT |
| Twitchell, Patricia Grover | BS '54 | Centerville, UT |
| Dalby, Patricia Sue | BS '55 | Salt Lake City, UT |
| Edwards, Howard Lee | BS '55 | Park City, UT |
| Ekins, Phyl Grant | BS '55 | Provo, UT |
| Gardner, Kay Creer | BA '55 | Provo, UT |
| Kartchner, Grace Joan | BS '55 | Palo Alto, CA |
| Kurr, Norma Tillman | BS '55 | Phoenix, AZ |
| Waltman, Vernon Rex | BA '55 | Salt Lake City, UT |
| Bartholomew, Owen | BS '56 | Springville, UT |
| Goodridge, William Willis | BS '56 | Billings, MT |
| Hirtzel, Richard Dale | BS '56 | Provo, UT |
| Metcalfe, Joyce Hawkes | BS '56 | Salt Lake City, UT |
| Howell, Luella Robinson | BS '57 | South Jordan, UT |
| Martin, Paul LaMar | BS '57 | Las Vegas, NV |
| McKee, SusAnn Hyde | BA '57 | Idaho Falls, ID |
| Pollock, James L. | BS '57 | Bountiful, UT |
| Poulos, D. Christopher | BS '57 | Orem, UT |
| Taylor, Lavon Evans | MS '57 | Yuma, AZ |
| Wignall, Lamark Jay | BS '57 | Spanish Fork, UT |
| Carver, Dale Ross | BA '58 | Provo, UT |
| De La Mare, Donald Kay | BS '58 | Provo, UT |



BBQ CHICKEN TACOS

"We look for [any] chance to fire up the grill during the summer months and like to mix things up with these easy BBQ chicken tacos," says Allen. "I love the fresh and colorful toppings."

Tacos

2 boneless, skinless chicken breasts or thighs
 2/3 c. barbecue sauce, divided in half
 1 c. cherry tomatoes, chopped
 1/3 c. red onion, chopped
 15 oz. can black beans, rinsed and drained
 15 oz. can corn, drained
 1 avocado, sliced
 12–15 corn or flour tortillas
 Fresh cilantro, chopped

Creamy Cilantro Lime Sauce

1/2 c. plain Greek yogurt or sour cream
 3 Tbsp. fresh cilantro, chopped
 1 Tbsp. lime juice
 1/4 tsp. salt

Place chicken and 1/3 c. barbecue sauce in a Ziploc bag. Refrigerate 1–3 hours.

Make creamy cilantro lime sauce by combining all ingredients until smooth. Refrigerate until ready to serve.

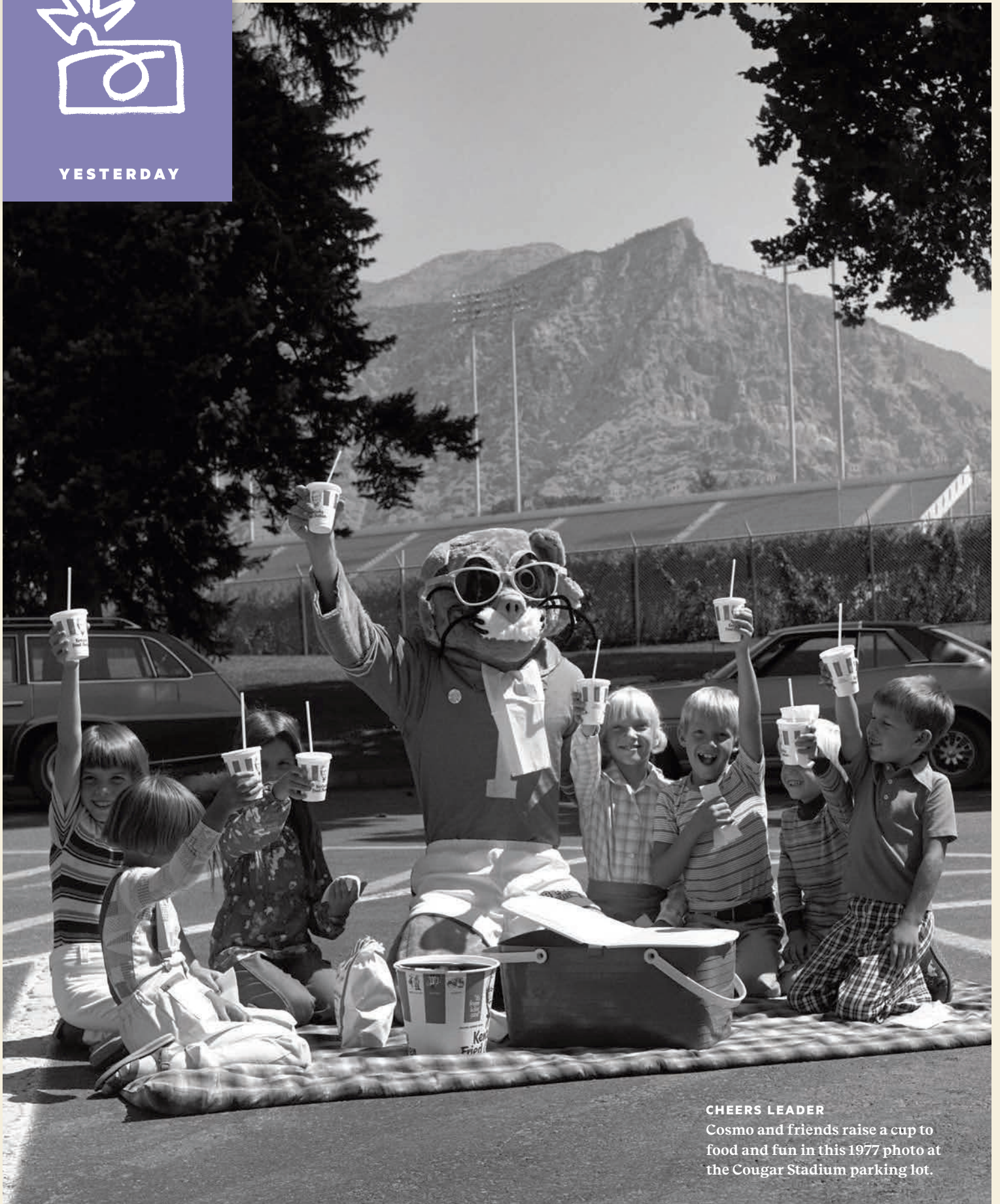
Preheat grill and lightly grease with cooking spray. Place chicken on grill and cook for 4–5 minutes on each side until cooked through.

Move chicken to cutting board and baste with rest of the barbecue sauce. Let rest for 5 minutes. Chop or shred chicken.

Warm tortillas on grill or in a hot skillet. Add a spoonful of chicken, corn, black beans, tomatoes, and avocado to each warm tortilla. Top with extra barbecue sauce and cilantro lime sauce. Garnish with fresh cilantro and serve. Makes 12–15 tacos (about four servings).



YESTERDAY



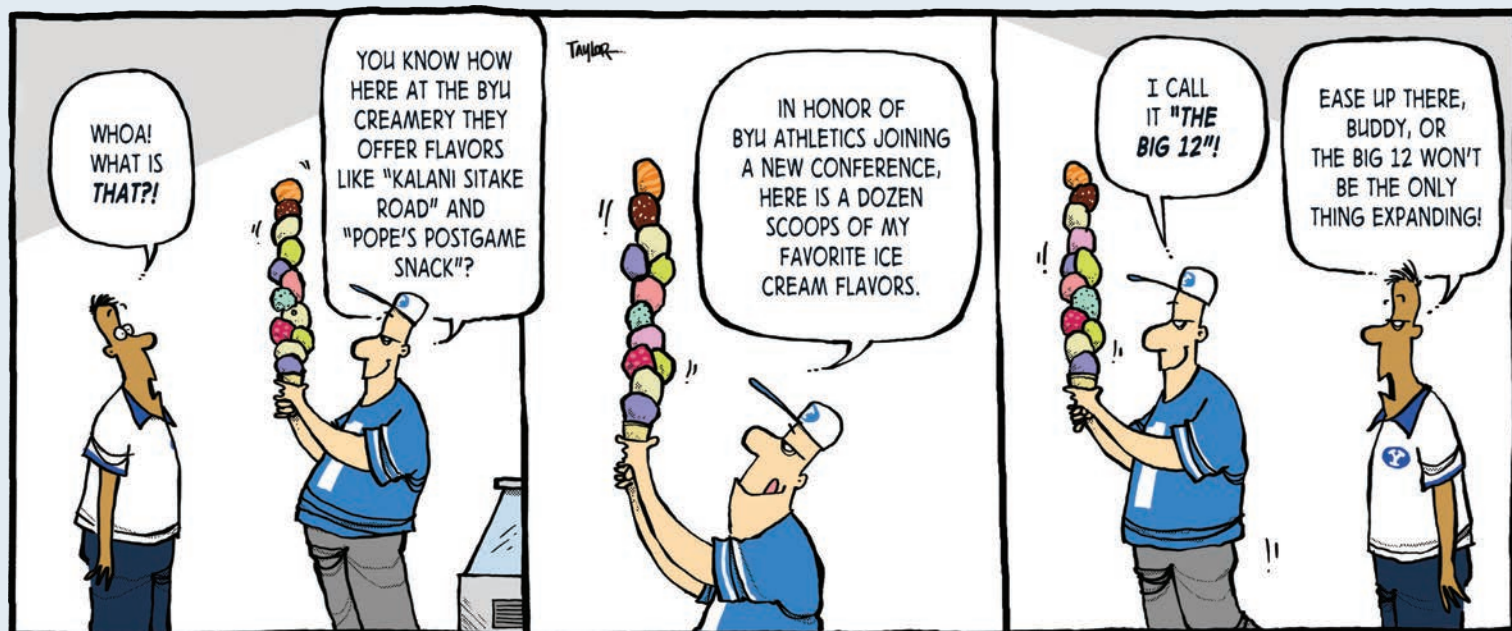
CHEERS LEADER

Cosmo and friends raise a cup to food and fun in this 1977 photo at the Cougar Stadium parking lot.

MARK PHILBRICK/BYU PHOTO

Blue Bloods

By Aaron M. Taylor (BA '97)



| | | |
|---------------------------|---------|--------------------|
| Hemsley, Aaron Allen | BS '58 | Provo, UT |
| Lowder, Donald Lee | BES '58 | Ogden, UT |
| Marlowe, Darold Mauritz | BS '58 | South Jordan, UT |
| Nichols, Mary Lou Madsen | BA '58 | Midway, UT |
| Saeman, Donna Jo Robbins | BS '58 | Cedar Hills, UT |
| Salter, Philip Wayne | BS '58 | Lincoln, CA |
| Sargent, Larry Don | BS '58 | Paso Robles, CA |
| Squire, Scott O. | BS '58 | Orem, UT |
| Worthen, Ellis Clayton | BA '58 | Salt Lake City, UT |
| Crowton, David Harris | BS '59 | Washington, UT |
| Drew, LaMar Howard | BS '59 | Alpine, UT |
| Greenwood, Ned H. | BS '59 | St. George, UT |
| Harris, Alva Alton | BS '59 | Shelley, ID |
| Knight, James Allen | BS '59 | Taylorsville, UT |
| Peterson, Kenneth Douglas | BS '59 | St. George, UT |
| Rawlings, James Lester | BS '59 | Omaha, NE |
| Shaw, James Thatcher | BS '59 | Salt Lake City, UT |
| Taylor, Stanley Armond | BS '59 | Provo, UT |
| Tenney, Roy Allen | BS '59 | Provo, UT |
| Crum, Paul Edgar | BS '60 | Washougal, WA |
| Duncan, Nola Kay Harris | BS '60 | West Jordan, UT |
| Erickson, Dorothy Lewis | BS '60 | Layton, UT |
| Gonzales, Antonio | BS '60 | Draper, UT |
| Morrison, Barbara Eliason | BS '60 | Inkom, ID |
| Parker, David Walter | BS '60 | Las Vegas, NV |
| Peterson, James Gary | BS '60 | Salt Lake City, UT |
| Prolo, Carol L. Ingersoll | BS '60 | Pocatello, ID |
| Showalter, Rodney H. | BA '60 | Bountiful, UT |

| | | |
|---------------------------|--------|------------------------|
| Shumway, Carmen Pratt | BS '60 | Taylor, AZ |
| Brundage, Carole Hoppe | BS '61 | Lehi, UT |
| Detton, Richard Lee | BA '61 | Boise, ID |
| Ence, Mac Delbert | BS '61 | Antelope, CA |
| Hoopes, Paul Roger | BA '61 | Blackwell, OK |
| Hughes, Eugene L. | BS '61 | Provo, UT |
| McDermott, Janet Hirschi | BS '61 | Cedar City, UT |
| Perry, Lynn Gilbert | BS '61 | Novato, CA |
| Reeve, Rex Cropper | BS '61 | Springville, UT |
| Schaupp, Gerhard | BS '61 | Cottonwood Heights, UT |
| Stanley, Neldon DeVar | MS '61 | Provo, UT |
| Verdoorn, Peter Dirk | BS '61 | Lodi, CA |
| Young, Karen Harward | BS '61 | Cottonwood Heights, UT |
| Anderson, Boyd Oley | BS '62 | Idaho Falls, ID |
| Easter, Charlotte Taylor | BA '62 | Salt Lake City, UT |
| Farris, Robert Lee | BS '62 | Ivins, UT |
| Johnson, Alton Frederick | BS '62 | Cardston, AB, Canada |
| Kland, George Edward | BS '62 | Fresno, CA |
| Moss, Robert Hafen | MS '62 | Sandy, UT |
| Wright, Geraldene K. Gibb | BS '62 | Magrath, AB, Canada |
| Brimley, Sterling Nelson | BA '63 | Bountiful, UT |
| Brown, LaDell Guy | BS '63 | Ogden, UT |
| Buckley, Howard D. | BS '63 | Apple Valley, CA |
| Lindsey, Ronald J. | BS '63 | Herriman, UT |
| Nuttall, Drayton Gardner | BA '63 | Portland, OR |

| | | |
|---------------------------|---------|----------------------|
| Paramore, James Martin | BS '63 | Salt Lake City, UT |
| Watkins, Cordia E. Jones | BS '63 | Washington, UT |
| Bayles, Nils Golden | MS '64 | St. George, UT |
| Carr, Russell Owen | BS '64 | American Fork, UT |
| Fowers, Dwight Wilford | BS '64 | St. George, UT |
| Gudmundsen, Stewart L. | BES '64 | Midland, MI |
| Guymon, Ronald Perkins | BS '64 | St. George, UT |
| Ollivier, Linda Smith | BS '64 | Salt Lake City, UT |
| Cortez, Ross Douglas | BA '65 | Bakersfield, CA |
| Day, Robert Darrell | BS '65 | Draper, UT |
| Farnbach, William Adolph | BS '65 | Queen Creek, AZ |
| Farrell, Nita Ruth Hilton | BS '65 | Salinas, CA |
| Georgia, Marlen Jerome | BS '65 | Iona, ID |
| Hammond, Opal Gene | BA '65 | Yuma, AZ |
| Higginson, Richard Lynn | BS '65 | Bountiful, UT |
| Laney, Melvin Johnson | BS '65 | Spencerville, MD |
| Olson, Charles Leonard | BS '65 | St. George, UT |
| Peterson, Glenn Howard | MS '65 | Murray, UT |
| Randall, David Max | BS '65 | Orem, UT |
| Rees, Clair Francis | BS '65 | Orem, UT |
| Rohde, Norma | EdD '65 | Farmington, UT |
| Savage, Oran LeRoy | BS '65 | Colorado Springs, CO |
| Tingey, Betty Lois Irvin | BS '65 | Farmington, UT |
| Westover, Leo J. | BA '65 | Aliso Viejo, CA |
| Babcock, Warren Eugene | BS '66 | Smithfield, UT |
| Bair, Carl Leigh | MA '66 | Lovell, WY |
| Darnell, Donald Ross | BS '66 | Westcliffe, CO |
| Giles, J. Jill Hawkins | BA '66 | Cedar City, UT |

| | | | | | | | | |
|---------------------------|---------|----------------------|----------------------------|---------|--------------------|------------------------------|----------|----------------------|
| Hart, Richard Raymond | BA '66 | Heber City, UT | Kesler, Sharon Williams | BS '71 | Richfield, UT | Dilweg, Nancy JoAn Falter | PhD '81 | Pocatello, ID |
| Henion, David Lawrence | BS '66 | Parma, MI | Orr, Lyle Elden | MPA '71 | Glendale, AZ | Fillmore, Barry Lee | BS '81 | Provo, UT |
| Lund, Joyce Elaine Tagg | MED '66 | Salt Lake City, UT | Reynolds, Ruth Jensen | BS '71 | Ashton, ID | Gleaves, Curt Arliss | BS '81 | Portland, OR |
| Persinger, Marvin Dwane | BS '66 | Hurricane, UT | Taylor, Linda | BS '71 | Holladay, UT | Lamoreaux, Thomas Cardon | BA '81 | Provo, UT |
| Roth, Barry Michael | BS '66 | Lehi, UT | Costello, Ann Hinckley | BA '72 | Boise, ID | Schofield, Joseph Blaine | BS '81 | Tooele, UT |
| Rumsey, Cheryl Ann Rudd | BA '66 | Rexburg, ID | Logie, Brenda Lee Nielsen | BS '72 | North Granby, CT | Moon, David Thomas | BS '82 | Fort Worth, TX |
| Sullivan, Charles Eugene | BA '66 | Springfield, OR | Martenson, Carol Jeanne | BA '72 | Seattle, WA | Morrill, KaeLyn | BS '82 | Denver, CO |
| Bennion, David Arthur | BA '67 | Sandy, UT | Morris, Steven Ross | BA '72 | Post Falls, ID | Bassett, Deborah Kay Hall | BA '83 | Leon Valley, TX |
| Bridges, Kent Seldon | BS '67 | Eagle Mountain, UT | Pabst, Lucia Marie Young | BS '72 | Syracuse, UT | Hornibrook, Mark Wylie | MBA '83 | Wilsonville, OR |
| Clark, Geraldine McCarthy | PhD '67 | Salt Lake City, UT | Smith, Andrew Anderson | BS '72 | Sequim, WA | Engberson, Lynn Herbert | BA '84 | Orem, UT |
| Deppe, Earl DeVon | BS '67 | Ogden, UT | Thompson, Richard Wayne | BA '72 | Sandy, UT | Sharp, Lynn Schwendiman | JD '84 | Sandia Park, NM |
| Hathaway, Cynthia Louise | BA '67 | Stevensville, MD | Helzer, Raymond Lee | BA '73 | Salt Lake City, UT | Fisher, Mark Steven | BS '85 | Kuna, ID |
| Jorgensen, Douglas Leland | MS '67 | Provo, UT | Williams, Glen Tracy | MPA '73 | Dayton, OH | McCray, Ronald James | BS '85 | Rancho Cordova, CA |
| Walker, Robert Bruce | BS '67 | Davie, FL | Wulf, Jill E. Furness | BS '73 | McKinney, TX | Dickson, James Harvey | BS '86 | Las Vegas, NV |
| Beutler, Dianne R. Jensen | BA '68 | Salt Lake City, UT | Dangerfield, Lynn Richard | BS '74 | St. George, UT | Waldron, Sherri Johnson | AS '86 | Dayton, OH |
| Brimhall, Judy A. Hillam | BS '68 | Orem, UT | Guymon, Garry Lee | AS '74 | Lindon, UT | Wiltbank, Gale Ronald | BS '86 | Eagar, AZ |
| Christensen, Karen Young | BA '68 | Taylorsville, UT | Krebs, Yvonne Jean Grant | BS '74 | Alamo, NV | Anderson, Paul Harold | BS '87 | North Salt Lake, UT |
| Fenton, Sarah Soderborg | BA '68 | Logan, UT | Lambert, Duane Richard | BS '74 | South Jordan, UT | Bateman, Gordon Floyd | BS '87 | Rancho Mirage, CA |
| Gray, Bruce LeVerl | BS '68 | Salt Lake City, UT | Low, Mark DeWint | BS '74 | Highland, UT | Hawkins, Chester Lee | AS '87 | Washington, DC |
| Jensen, Joseph Delroy | BS '68 | Gilbert, AZ | Pomeroy, Robert N. D. | BA '74 | Bisbee, AZ | Holden, Jacqueline Granata | AS '87 | Washington, UT |
| Loveridge, Arnold Vestal | BS '68 | Carmichael, CA | Bell, Forrest Glade | BS '75 | Burley, ID | Holdsworth, Deanna R. Tilton | BS '87 | Rancho Cucamonga, CA |
| Pitts, Bernard Ray | BA '68 | Logan, UT | Blacksten, John Raul | BA '75 | Oakland, CA | Jacobson, Ronald Alex | BS '88 | Gilbert, AZ |
| Rohatinsky, Raymond Roger | BS '68 | Provo, UT | Linnett, DeLynn Garth | BS '75 | Bel Air, MD | Thomas, Marie Lemon | BA '89 | Weiser, ID |
| Southwick, Jay Dennis | BS '68 | Sandy, UT | Lund, Ammon Richard | BS '75 | Santa Clara, UT | Jensen, Alan Farrell | BS '90 | Great Falls, VA |
| Swarts, George Clarence | BS '68 | Las Vegas, NV | Mabey, David Arnold | BS '75 | Logan, UT | Ellsworth, Julie G. McLane | BA '91 | Orem, UT |
| Tibbitts, Dean Edwin | BS '68 | Kaysville, UT | Madsen, Shannon Swapp | BS '75 | Mesa, AZ | Lagerstrom, Lanette | BS '91 | Springfield, VA |
| Beckham, | | | Montaño, Sandra Morales | BS '75 | Pleasant Grove, UT | Schaal, Lulah Largo | BS '92 | Orem, UT |
| Janette Callister Hales | BS '69 | Provo, UT | Nelson, Richard Alan | MA '75 | Tallahassee, FL | Hammond, Elisa Whitehead | BA '93 | Cumming, GA |
| Hadden, Donald Eugene | BS '69 | Salt Lake City, UT | Payne, Thomas Bradley | BS '75 | Cedar City, UT | Call, Terry Kenneth | BS '94 | Afton, WY |
| Howery, Willard Michael | BA '69 | Salt Lake City, UT | Poll, Stephen Vance | BS '75 | Spanish Fork, UT | Koew, Connie | BA '94 | Cedar Falls, IA |
| Hyde, William Terry | BA '69 | Ivins, UT | Rowland, Fred Carl | EdD '75 | Orem, UT | Merrick, Aaron Leroy | BS '95 | Orem, UT |
| Jensen, Kim L. | BS '69 | Orem, UT | Shinkle, Eldon Dwane | BS '75 | Toole, UT | Wilkins, Kristi Griffin | BS '95 | Spanish Fork, UT |
| McAdams, Michael Edward | BS '69 | Norman, OK | Howell, George Gary | EdD '76 | Layton, UT | Wilson, Tyler Daniel | BS '95 | Mesa, AZ |
| Moody, Marilyn | BS '69 | Newcastle, CA | Reynolds, Larry Lee | BS '76 | Buda, TX | Curley, Samuel | BA '96 | Salt Lake City, UT |
| Peterson, James Michael | BS '69 | St. George, UT | Stephenson, George Paul | BA '76 | Tyler, TX | McCleery, Nathan Earl | BA '96 | West Jordan, UT |
| Poulter, Lynn Hawkes | BA '69 | Woodland Heights, UT | Coates, Meridee Leavitt | BS '77 | Provo, UT | Miller, Nyla Parsons | BS '96 | Payson, UT |
| Shirts, Linda Mae Rushton | BS '69 | Bountiful, UT | Goewey, Lynne J. Robinson | BA '77 | Adams, NY | Wheeler, Linda Jo George | BS '98 | Firestone, CO |
| Thomas, Jay Ernest | BS '69 | West Jordan, UT | Laing, Karla Ann Livesey | BS '77 | Murray, UT | Dowdle, Michael Lee | BA '99 | San Jose, CA |
| Treanor, David Earl | BA '69 | Welton, AZ | Mortensen, Laurette Jansen | BS '77 | South Jordan, UT | Brennan, Benjamin Joseph | BS '01 | Visalia, CA |
| Galloway, Donna Pate | BS '70 | Albuquerque, NM | Olsen, Michael Gaylen | JD '77 | Sandy, UT | Juracan, Marco Antonio | BS '01 | Pleasant Grove, UT |
| Goff, Patricia Ann Weise | BA '70 | American Fork, UT | Barth, Clayton Jay | BS '78 | West Haven, UT | Rindfleisch, | | |
| Groneman, Frances Corrine | BS '70 | Provo, UT | Brooks, Julia Karen White | BS '78 | New Braunfels, TX | Carmen Blackham | BA '01 | Poway, CA |
| Koga, Lincoln Kunito | BES '70 | Gresham, OR | Frank, Oscar Ned | BA '78 | Fairbanks, AK | Stohl, Sean David | MISM '01 | South Jordan, UT |
| Rydalch, Murland LeRoy | BS '70 | Burlington, WY | Rasmussen, Roy Gene | BS '78 | Sandy, UT | Howell, Jason Edmund | BA '02 | Heber City, UT |
| Stevens, Leonard Rex | BS '70 | Bettendorf, IA | Roskelley, Marc Clive | BS '78 | Ashburn, VA | Van Uitert, Rebecca Anne | BA '02 | Heber City, UT |
| Thompson, Charles Dale | BS '70 | Mount Pleasant, UT | Rowberry, Paula Jean Wood | BS '78 | Boise, ID | | | |
| Burgener, Arlene | BS '71 | Heber City, UT | Walker, | | | | | |
| Burke, Sue Ann Bloxham | BS '71 | Downey, ID | Cheryl "Alene" Beavers | BS '78 | St. George, UT | | | |
| Coats, Brent George | BS '71 | Logan, UT | Eggett, Thomas Anthony | BS '79 | Cedar Park, TX | | | |
| Draper, David William | BA '71 | Spanish Fork, UT | Eldredge, Michael Scott | JD '79 | Salt Lake City, UT | | | |
| Dutson, | | | Fowler, Donald W. | EdD '79 | Redmond, WA | | | |
| Catherine Wiedmann | BS '71 | Spanish Fork, UT | Rowley, Elaine Carlton | BS '79 | Provo, UT | | | |
| Ekker, Linda Lee Pehrson | BS '71 | Vernon, UT | Ruse, Charles Kelsey | BS '79 | Lindon, UT | | | |
| Johnson, Pamela Call | BA '71 | Shelley, ID | Wolford, Ronald John | BS '79 | Las Vegas, NV | | | |
| | | | Marquis, Ronald Roy | BA '80 | San Antonio, TX | | | |

WEB

Visit alumni.byu.edu/obits to see an extended list of recent alumni deaths (including non-graduate alumni) along with links to memorial sites.





FIRST PERSON



Sharing a Meal

BYU students remember breaking bread and making memories together.

Bean Juice with Grandma

By John R. Hulme (BA '82), Meridian, ID

One semester when Grandma Hulme visited Provo, my BYU student cousins and I met her for lunch at the Cougareat.

Usually my lunch at the Cougareat was a cheeseburger or Navajo taco. But Grandma—who raised six children during the Great Depression—insisted we not waste money on nonnutritious choices and steered us to the cafeteria section. She said we could order any main course but mandated that each tray also include two vegetable side dishes.

As we were going through the line, the student worker dished up the last of the green beans and began to remove the large metal serving pan. Grandma asked, “Young man, what are you going to do with that bean juice?”

“We usually pour it down the sink,” he responded.

“Would you pour it in a pitcher so my grandchildren can drink it? That’s where all the vitamins are,” Grandma stated.

The worker disappeared for several minutes, then reemerged with a huge pitcher and several large paper cups. Grandma had a grandson carry the juice to the table, then poured each of us a generous cup. The slightly green, briny liquid didn’t look very appetizing, but no one was brave enough to say no to Grandma.

Hamburger Heritage

By LaResa Sanders Darrington (BS '87), Fallon, NV

My last year at BYU, four of my roommates and I decided to share meal duties. We all had our favorites, and mine was any Hamburger Helper that was on sale. If I made it for myself, I could make it last for several meals, often as a pizza topping, the last bits slapped

on biscuit dough with cheese. My unimpressed roommates would graciously eat it but not without a lot of teasing.

The summer after I graduated, I got engaged and several roommates came to my bridal shower at the old Heritage Halls conference room. It shouldn’t have surprised me when they gifted me a box of Hamburger Helper, a pizza cutter, and a pizza pan. We all laughed at the card that said something about wanting me to be able to share my favorite meal with my husband-to-be. And sure enough, over the years my family has experienced Hamburger Helper in many different ways.

Hardy Shoulder Chili

By Jeff E. Hofmann (BA '04), North Ogden, UT

As the chair of my YSA ward activities committee, I organized a tailgate party for our ward prior to the first home game of the BYU football season. I rented a giant stockpot, other committee members secured ingredients, and we met during the week to soak beans, chop onions, and otherwise prepare our batch of chili.

As we started cooking Saturday afternoon, everything was going well—except for one thing: not one of our spoons was long enough to stir the pot. We sent a committee member to buy some wooden dowels, but we needed a short-term solution to prevent the chili at the bottom of the pot from scorching.

My roommate, Bernhard D. “Hardy” Kuebitz (BS '06), came to the rescue. He scrubbed his right arm like a doctor prepping for surgery, grabbed the sturdiest spoon



we had, and plunged into the pot.

Up to his shoulder in chili, Hardy scooped and stirred until the heat became too much. Fortunately, the dowels showed up, and by the time ward members arrived, the chili had been heated evenly and Hardy had cleaned himself up. The football team won the game that night, and no one mentioned finding arm hair in their chili.

Finals Rice and Fruit

By Stephanie Carn Yrungaray (BA'00), Draper, UT

Living in Heritage Halls our freshman year came with the new and scary responsibility of feeding ourselves. After a few months, our apartment created a rotating dinner assignment with some girls next door. It was wonderful to worry about cooking dinner only once a week.

Our plan worked flawlessly until finals week.

One night I came back from campus after a full day of studying and writing papers, exhausted and hungry. None of my other roommates were home, but sitting on the stove was a pot with a lid on it. Ahh, dinner! I washed my hands and got out a plate, grateful to eat and relax for a few minutes. Then I took off the lid.

What greeted me was our most memorable meal of the year: a pot of rice with a can of fruit salad mixed in, soundly burned.

My poor roommate had realized she was in charge of dinner and had only a few ingredients in her pantry. As she hurried to cook and also get to a class, she had become distracted and let the rice burn. When hungry roommates arrived, we all had a good laugh

at our dinner-gone-wrong. I can't help but think of that dinner every time I make rice.

Never Too Much Pepper

By Amy White Lloyd (BA'00), Murray, UT

My roommates and I didn't know what to eat for our Sunday dinner. Discovering a chicken breast and a few potatoes in the kitchen, I volunteered to make chicken gravy and mashed potatoes. As I sautéed the chunks of chicken, I balanced my cookbook on the edge of the cluttered counter and started on the gravy.

Into the pan went the butter, the flour, then the milk. A delicious aroma began to fill our apartment as the gravy simmered on the stove.

As I poured in the third of six tablespoons of black pepper that the doubled recipe required,

Renee Magnusson Meanea (BA '01) looked over my shoulder and asked, "Don't you think that's a lot of pepper?"

"Oh, Renee," I responded, "you can never have too much pepper!" Still, her question did give me pause, and I stopped there.

We eagerly dished out the steaming chicken gravy onto our mashed potatoes. With the first bite, our throats swelled up, our eyes began to water, and our lips tingled from pepper overload. With no other option, we ended up picking the chicken pieces out of the pan, scraping off what gravy we could, and eating them with massive bites of potatoes. Even then the food was barely edible.

Upon later review of the recipe, I realized that it called for six tablespoons of flour, not pepper. I had used 36 times more pepper than needed. Since then, my roommates have never failed to remind me that sometimes you actually can have "too much pepper."

GET SOME EXERCISE?

Pop your head into an RB gym and you'll spot pickup game veteran Gary V. Griffin ('84) playing full-court hoops with players a quarter of his age. You read that right: Griffin is 83 years old and still sinking threes. Were you also a BYU gym rat? Did you try a court sport, swim or run laps, walk or bike outside, or work out with roommates or friends? If you have a fitness or exercise story, give us an assist. Deadline: Oct. 11, 2022.

Y Magazine pays \$50 for stories published in First Person. Send anecdotes of up to 300 words to firstperson@byu.edu. Submissions may be edited for length, grammar, appropriateness, and clarity.

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Dwight in Shining Armor



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