High school and sex education
What nonprofits are doing to change abstinence only education

FeliAnne Hipol and Jennifer Soto-Allred
Staff Writers

Reproductive health education in Utah public schools is teaching teens to abstain from sex until marriage, but abstinence only is leaving teens with more questions than answers about sex and contraceptives.

The current reproductive health education curriculum in Utah is abstinence until marriage. Parents of students must sign a consent form allowing their child to learn about reproductive anatomy and health, contraception including condoms, human reproduction, HIV/AIDS, sexually transmitted infections (STIs) and information on self-exams. A comprehensive reproductive health education would include specifics about the acts of sexual intercourse or stimulation, learning about homosexuality and supporting homosexuals and all facts about contraceptives and sex outside of marriage.

Although the current curriculum teaches abstinence only, organizations such as YouthCity and Planned Parenthood Action Council (PPAC) support a comprehensive option in the reproductive health education curriculum. YouthCity is an organization for children and young adults. YouthCity currently offers after-school and summer programs to educate children and young adults about art, sports, government and community involvement. According to YouthCity’s Web site, YouthCity Government prepares high school students for civic engagement and community involvement by training them to identify and address issues facing Salt Lake City.

Another support group behind reproductive health education reform is PPAC. According to their Web site, PPAC is an organization that provides sex education and reproductive health care to people around the world. PPAC is advocating Utah Congress, parents, and other community members to provide teens with the option to have access to a comprehensive reproductive health education curriculum.

In an effort to increase awareness about comprehensive reproductive health education, PPAC has launched a campaign called Prevention NOW! Leanne Webster, public affairs field coordinator from PPAC, explained Prevention NOW! is designed to educate the public about a comprehensive reproductive health education program.

Both YouthCity and PPAC have teamed together to increase awareness about comprehensive reproductive health education programs to the public. Teens from YouthCity Government researched the effectiveness of current reproductive health education in Utah public schools. Meanwhile PPAC promoted awareness in the community about the impact the current curriculum has on Utah youth. Both recently presented the Instruction in Health Amendments house bill, which was known as HB 189, but will be renamed during the next legislative session. YouthCity and PPAC suggested a more comprehensive reproductive health education program be implemented in the current curriculum to the state congress.

As part of the house bill, high school students from YouthCity conducted research on the effectiveness of reproductive health in

2009-2010 budget unlikely to change

ASWC office renovated, brings text to campus

Walter Denison
Assistant Editor

Last semester, Associated Students of Westminster College (ASWC) forecasted depositing $41,450 worth of stipends into the pockets of seven executive cabinet members. Meanwhile 32 clubs and organizations are expected to receive $19,650. For the 2009-2010 school year, executive cabinet stipends were raised 10.8 percent, clubs and organization budgets were cut 24 percent from the previous fiscal year. This information led to a debate among students.

These budgets are funded through student activity fees. Student fees were $45 in 2008 and are now $60 in 2009. According to Director of Student Life Ginny-Beth Joiner, student fees were not increased to support the increase in executive cabinet stipends. Student fees are paid alongside tuition each semester.

Since the time the budget was formulated late last spring, ASWC held an additional budget meeting on Friday, May 15 at 7 p.m. Attendance was sparse, but members from both sides of the argument were welcome to debate. Ideas for advertising ASWC events, such as that budget meeting, were explored.

One such idea that has since come to fruition is a mass text messaging program. Director of Clubs and Organizations Wyatt King said in an email that he has “spearheaded” a texting program with M3 Marketing.

To receive “weText,” students should text a code to 81043 to receive updates from ASWC. Students may opt to receive event updates by texting the code ASWC1, text ASWC2 for athletic and The Nest updates, text ASWC3 for special events updates like dances, international fest and cosmic bowling, text ASWC4 to learn about opportunities to become involved in ASWC or text ASWC5 for contests and prizes.

Some executive cabinet members, like King, spent their summer working; trying to advance ASWC and the Westminster community. Vice President Adrienne Shaw, worked with King to bring six additional businesses to the Griffin Connection Card. The card provides students with a predetermined discount at 29 local businesses. Director of Communications Chase Johnson, completed the planner for the coming school year.

In an email President Brody Leven said, “Our Director of Budget and Finance (Stefan Van Duystendijk) has been working on a new custom designed computer program. He is the first person in this position to really take the position and take control of our finances.”

Some of the ASWC executive cabinet members took budget cuts during the summer break, in some cases going unpaid for one or two months. “It’s hard to pay rent with no money,” said King.
Construction brings new buildings on schedule

Meldrum Science Center, The Commons and new staircases

Walter Denison
Assistant Editor

A building is being built, a fountain is being frayed and say, “fondly” to rustied stairwells—all of this is within Westminster’s plan for refurbishing campus.

After a summer of parking lot closures, power outages and mass emails, construction on campus has been, “confined,” said Curtis Ryan, vice president of Finance and Administration. “We’re building on top of each other and all over the place,” he said.

Some large scale construction happened over the summer, including the construction of the Meldrum Science Center, the deconstruction of Tanner Plaza and the reconstruction of several staircases.

The Meldrum Science Center

A decade ago Westminster set forth its “Ten Year Plan.” It was a plan to expand and build the campus to better serve students. The plan included large scale projects such as the addition to the Gore School of Business, the addition to the Jewett Center for the Performing Arts and the completion of Dumke Field.

The final chapter of the ten year plan is coming to a close with the completion of the Meldrum Science Center.

Sixty-thousand square feet, four stories tall and Westminster’s most technologically advanced building were nice ideas on paper, and after several generous donations from John and Ginger Giovale, Peter and Cathie Meldrum, Great Salt Lake Minerals, the Board of Trustees and Westminster science alumni, the idea has become a concrete reality.

The $30 million Meldrum Science Center, envisioned several years ago, has since become a visible entity between Converse and Foster. When construction began in June 2008, basketball hoops and a rock wall were replaced by back hoes and concrete. According to the Westminster Web site, the college is the first Utah campus to be home to a Leadership in Energy and Environmental Design (LEED) Gold certified building.

According to Ryan, 93 percent of the waste from the construction site was recycled. “For example, when they poured cement, they would capture the extra cement, and haul it off so it could be recycled,” said Ryan.

In order to make room for the building, a large tree had to be dug up. “It broke our hearts,” said Ryan.

“We’re also doing everything we can to keep the trees on campus,” he said. “We’re planting trees as well as educational activities and classes. In the winter, the program schedules events for all skill levels — including introductory courses in ski mountaineering, kite boarding, and ice climbing and trips like yurt camping. This year’s highlights will include trips to King’s Peak, Maple Canyon, City of Rocks, the Great Salt Lake, the Weber River, southern Utah, and the Uinta Mountains. Outdoor Rec coordinates with the Winter at Westminster’s activity schedule whenever

Outdoor Recreation Program offers climbing, hiking and camping

Students can join outdoor groups, rent equipment and gain leadership experience

Liz Rogers
Director, Outdoor Programs

The Westminster Outdoor Recreation Program is starting its third fall semester this year and has a lineup of outdoor activities. The goal of the program is to help the Westminster community take advantage of the unique natural environment that surrounds the school. The program will enhance the college’s mission of providing students with experiential and challenging learning opportunities. It will also help students, faculty, staff and alumni to come together in their outdoor interests.

Over the summer, Outdoor Rec planned weekly hiking and rock climbing sessions in the Wasatch, went on a rafting and kayaking trip to the Snake River and backpacked through the Zion Narrows. This semester outdoor activities will include hiking, camping and backpacking, fly fishing, rock climbing and kayaking, as well as educational activities and classes. In the winter, the program schedules events for all skill levels — including introductory courses in ski mountaineering, kite boarding, and ice climbing and trips like yurt camping. This year’s highlights will include trips to King’s Peak, Maple Canyon, City of Rocks, the Great Salt Lake, the Weber River, southern Utah, and the Uinta Mountains. Outdoor Rec coordinates with the Winter at Westminster’s activity schedule whenever
Countdown to going green
From movies to meals, what students can do to improve the environment

Kerry Case
Director, Environmental Center

The top ten ways to treat the environment better from Westminster’s Environmental Center.

Bike to Dolcetti Gelato

The Westminster Wheels program offers free bike rentals through the Concierge Desk in the Shaw Center. You can also find them online at westminstercollege.edu/wheels. Over the summer, Dolcetti Gelato won the Environmental Center’s local frozen treat taste test.

Eat a fresh tomatoes grown on campus

You can get tomatoes and other fresh produce every Wednesday in front of Walker Hall between 12 p.m. and 2 p.m. as part of the Westminster FarmStand program. The produce is grown in Westminster’s “secret garden.” The garden is located behind a house at 1148 East 1700 South and is easily accessed by walking down 1200 East.

Ride the bus

It doesn’t matter where you are going in the city; public transportation is always an experience. Plus, it is a great way to avoid parking on campus. You can ride UTA for free all year if you commit to using alternative transportation at least four times per month. Visit www.westminstercollege.edu/transit to learn more or stop by the Health Wellness and Athletic Center to sign up.

Watch a movie under the stars

Every Wednesday at 5 p.m., students meet at the campus garden to dig in the dirt, share snacks and stories and watch movies. “The easiest way to get to the garden is to go down the alley way off 1200 East,” said Meghan Johnston, garden coordinator in an email. To find out more about the garden, contact Johnston at maj0324@westminstercollege.edu.

Join “Turn the Key”

Sept. 21 through 25, Westminster will be part of a city-wide effort to reduce air pollution from idling cars. Volunteers are needed, please contact the Environmental Center at environmentalcenter@westminstercollege.edu for more information.

Meet a founder of the sustainable food movement

Joan Dye Gussow, nutrition professor at Columbia University, author of several books on organic food and pioneer of suburban homesteading will speak in the Vieve Gore Concert Hall on Thursday, Nov. 5 at 7:30 p.m.

See GREEN on page 7
Welcome to The Forum
A note from the editor

Krista Smith
Editor

The Forum Magnum of ancient Rome was considered the central hub of the city. I imagine on any bustling weekday, Romans could hear the cries of vendors hawking their wares over the hum of anxious debate as the politicians met to discuss their city amidst all this were the observers. The people who watched their community to report back to their friends and families the days' happenings. Even in ancient times, humans knew the value of information.

Westminster has its own forum and though much of the activity that takes place on our campus seems reserved for lunch in the Shaw Center, something is always happening. The Forum provides a venue for reporters to share their findings in the happenings at the home of the Griffins. From sports to government, my staff and I am excited to bring you today's information in a more accessible format.

In the first issue of The Forum for the 2009-2010 school year, you will find many changes. My staff and I have been hard at work putting together a new layout and regular columns for you. I hope you enjoy Stacey Thompson's sex column and Walt Denison's satire. Also, new this year is increased coverage about ASWC, administration and academics at Westminster. This year the staff will also bring you coverage with a renewed focus on the Sugar House neighborhood.

As you spend the next year at Westminster, I hope you are able to read The Forum and experience a deeper sense of community. My goal for the paper is to share relevant information about what is happening in our community with the student body.

As part of our efforts to reach as many students, faculty, staff and alumni as possible, you can find The Forum online with exclusive coverage, video, photos and blogs. We have increased our staff to include Lindsay Kavanagh as online manager and online producer Jared Christensen. They will be working to bring you more immediate coverage of Westminster athletics and events.

We also have the largest group of staff writers this year with 17 reporters out in the community each week. I hope to see you soon. Thank you for stopping by, feel free to grab a second paper for your roommate. Oh, and don't forget to recycle the paper as a heckling tool at the next Griffins game.

Visit our website for exclusive online content
westminsterforum.net
Welcome to The Forum

A note from the editor

Stacey talks sex

Healthy Relationships defined

Hello, my name is Stacey Thompson and I have been asked to tell you a little about myself. I moved from Oregon to Utah over four years ago to attend Westminster and graduated last spring with a bachelor’s degree in psychology.

During my first few weeks here, I quickly realized that there is something severely lacking in the education system and that something is sex education. I was fortunate enough to receive extensive sex education training and it became my passion to share the information I have learned with other people. I have interned with Planned Parenthood, held a birth control lesson at a girl’s correctional facility and conducted research on the current sex education laws and programs in the United States.

Let’s get to the point of why I am telling you all this. I want to share the knowledge and information I have learned through my training and experiences with all of you. This is an advice column answering any questions you have about sex and relationships.

What is a healthy relationship?

It is difficult to describe what a healthy relationship is because every relationship is different. However, there are a few key ingredients necessary to a successful and healthy relationship.

The first and most important ingredient in a relationship is trust. If you cannot trust the person you are giving your heart to, then you are setting yourself up to be hurt.

The second ingredient in a healthy relationship is a mutual respect between both partners. Respect is something that needs to be applied to all aspects of a relationship. It is the glue that holds everything together and allows a cohesive and safe environment for your relationship to grow.

The third and final ingredient for a healthy relationship is honesty. Don’t get me wrong everyone has their secrets, but the type of honesty I am talking about is the ability to be honest about your feelings and intentions. Being honest about your intentions from the beginning sets up an open line of communication—the foundation for trust and respect.

If you believe that you are in an unhealthy or abusive relationship, it is important to remember you are not alone. You can contact the resources listed below for help.

If you wish to submit a question please send an email to forumeditor@westminstercollege.edu. All questions will be answered anonymously.

YWCA: 801-537 – 8600
National Domestic Violence Hotline: 800-799 – SAFE (7233)
If you are in immediate danger, call 911

Students Speak Out

What do you wish you had known before you came to Westminster?

Feli Anne Hipol and Jennifer Soto–Allred
Staff Writers

I wish I would have known how to ask for help.

Angela Swenson
Psychology Major

I would like to have known changing your major is an okay thing to do, and that living on campus is a lot of fun.

Jeremy Reynoso
Spanish and Latin American Studies Major

I wish I would have known about all the activities and all the clubs. I know they have a big club fair but it would have helped to know more about those kind of things on campus.

Darien Hickey
Undecided

I have two major things. First is time management...Time management is one thing you definitely have to figure before you get to college. Second is cooking. You don’t want to eat cafeteria food every single day.

Romnick Poindexter
Nursing Major

I wish I would have known how amazing it would be. I really enjoy rock climbing and HWAC.

Mauricio Aguilera
Political Science Major

I wish I would have known before I came to Westminster how amazing it would be. I really enjoy rock climbing and HWAC.

Cassidy Jones
English Major

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Ready to compete
The Griffins expect to have a great 2009 season

Josh Fisher
Sports Information and Events Coordinator

The fall athletic season is shaping up to be a good one for the Westminster Griffins. Men’s soccer, women’s soccer, women’s volleyball and cross country all compete during the fall for Westminster. The Griffins have a reputation of being competitive during the fall season and will continue to be a strong force this year. Here is a quick look at how the fall teams look this season.

Men’s Soccer

After advancing to the Tri-Conference Tournament in 2008, the Westminster men’s soccer team is ready to make a run at the National Association of Intercollegiate Athletics (NAIA) National Championships. They will have eight seniors on the team this year looking to improve on the 9-7-2 record they posted in 2008.

Valan Campbell will anchor the team as goalkeeper after playing in 17 games last season. Campbell posted a goal against average of 1.20 and recorded two shutouts in 2008. Jeff Gardner is back after scoring four goals and taking a team-best 15 shots on goal last season. Look for Daniel Duke, Tysen Gehring, and Isaac Green to be big contributors for the Griffins.

The team has also put together one of the toughest schedules they have ever had. The Griffins will open the 2009 campaign with three games in three days in California. They will face Azusa Pacific, The Master’s College, and Westmont College during the trip. They will also face Adams State, Bellevue, and Great Falls in home games this season.

Women’s Soccer

The 2009 season will be the third in the history of women’s soccer at Westminster. They enter the season with high expectations after a trip to the Frontier Conference Tournament last season. Seventeen players are returning from a squad that went 7-11-1 last year, including the goalkeeper, Dayna Winter-Nolte and second leading scorer, Maddie Sperre. The team also has a great home field advantage, posting a 10-4-1 record on Dunke Field over the previous two seasons.

Along with Winter-Nolte in goal and Sperre with five goals, the Griffins bring back All-Frontier Conference defender Michelle Erickson, Brina Bennion, Maddie Maldonado and Elaina Pappas all return to the back line, while Sarah Swenson and Rachel Watson return to provide some offense.

Newcomers Megan Maldonado and Nicole Taylor should give the Griffins a few more weapons offensively. They also added depth at goalie with the addition of Lindsay Bekken. Lindsay Judd and Jennifer Prescott bring depth to the Griffins back line.

Volleyball

The Westminster women’s volleyball team is loaded and ready for the 2009 season. They have spent the offseason building and preparing for another run at the Frontier Conference title and a return trip to the NAIA National Championships. They have added several new players who will compete for playing time this season.

Whitney Roseborough and Kelsey Schaufler are the lone seniors with experience at Westminster in 2009. Coach Kim Norman will look to them to provide leadership to the younger players both on and off the court.

Erica Banks and Tarnie Blymiller have each played big roles in the Griffins success over the past few years. Evans is the leading returner in kills and hitting efficiency. During her two seasons, she has piled up 313 kills, 261 digs, and 101 blocks. Blymiller sat out last season, but has put together some staggering numbers playing defense for the Griffins. For her career she averages 3.35 digs per set, and in 2006 she recorded 548 digs.

Junior Megan Evans and sophomore Jessica Schmidt, a transfer from Walsh University, will be asked to step into the setter role this season. Schmidt helped Walsh advance to the NAIA National Championships as a freshman setter in 2008.

The Griffins are expecting good things in 2009. They have a good mix of talent and experience. They have added some players to the team this season that should help them be competitive this year and for years to come.

Cross Country

The cross country program will have a new look in 2009. Under the direction of new Head Coach Craig Binkley, the Griffins will suit up 15 athletes this season, the most since the inception of the program six years ago.

Jordan Henderson is expected to lead the men’s team during his senior campaign. Henderson placed 15th at last season’s Frontier Conference Championships and was consistently the Griffins top performer.

Amanda Theobald became the first cross country runner in Westminster history to qualify for the NAIA National Championships when she placed fourth at the conference championship meet last season. This season she should contend for an individual conference championship along with a return to the national meet.

Westminster’s men’s soccer team will open the season in California.
Westminster’s women’s volleyball team hopes to go to Nationals this year.

Visit westminstergriffins.com for game schedules, player profiles and more.
ASWC budget

Continued from page 1

According to King, no foreseeable budget adjustments have been, nor will be, made since the final numbers were conceived last semester. “We have the utmost confidence in our decisions made in the spring and believe that with the budget the way it is, this will be the best year for the Westminster community and ASWC to date,” said King in an email.

To facilitate a great year, ASWC has been renovated with a new layout and furniture to serve a variety of purposes. According to Leven, “It is more welcoming to students, allows a more efficient workflow, allows private meetings to take place, gives ample working room, efficiently utilizes our minimal office space that is used for such a variety of things, brings the non-executive members of ASWC to the center of the room, and provides students with more than ever.”

Members of ASWC are trying to make the coming academic year, the best one possible. “Truly 100 percent of our effort this summer and the rest of this year has and will be on fulfilling the best interest of the Westminster Community,” said King.

Green

Continued from page 3

Be a Bioneer

Westminster will host one of the nation’s most innovative conferences on the environment and social justice Nov. 6 through 8. Free student passes are available through the Environmental Center. For more information, visit westminstercollege.edu/bioneers.

Visit a house made from a shipping container

The Sarah House Utah, will be on exhibit through fall semester north of Dumke Field in the underground parking garage. The house is open daily.

Figure out which campus building has 42 solar panels on the roof

Hint: The panels produce enough electricity to power four Utah homes, but only 1 percent of what this building uses. Fortunately, Westminster gets 30 percent of campus electricity from other renewable sources.

Eat a truly local meal

Sodexo will be offering local food (food grown within 300 miles of Westminster) one Thursday each month in Shaw. If you’re ready to get hardcore with local food, try the Eat Local Challenge beginning Sept. 12. Visit localfoodchallenge.blogspot.com for more information.

If you have any ideas about what Westminster can do to become more environmentally friendly, friend the Environmental Center on Facebook or stop by our open house, Tuesday, Sept. 1 from 4 p.m. to 6 p.m. in Walker 1.
Sex ed

Continued from page 1

Utah public schools. “The YouthCity students surveyed 100 students from West High School and Clearfield High School,” said Renee Bolten, a Westminster graduate student and YouthCity volunteer. The goal of the research is to understand if abstinence only reproductive programs provide enough information to prevent the transfer of STIs (i.e. Chlamydia, Gonorrhea, etc.) and unwanted pregnancies among teens.

The chart below shows the results of the YouthCity Survey. First, “sex talk use no protection” means that a percentage of students received the sex talk from a parent or teacher, and the teens didn’t use protection while having sex. Second, “sex talk are active” means that a percentage of students had the sex talk with a parent or teacher, and still engaged in sexual activities. Third, “sexually active” means that a percentage of the students are sexually active. Fourth, “sex ed insufficient” means that a percentage of the students thought their sex ed did not provide enough information.

Bolten said she learned about sex in the sixth grade. Through formal and informal education, she learned 30 percent from her parents. Bolten said she believes it’s the responsibility of both the parents and schools to educate teens about sex. Overall, Bolten said the goal is to prevent teens from having unwanted pregnancies and the solution is education.

Hans Romo, a philosophy major, said teaching teens about sex should be up to parents. “I think it’s mostly up to parents to determine how much their children need to know about sex and the state needs to ensure their population is well-educated about birth control and STIs,” said Romo.

After learning about reproductive health education in Utah, Benson Stevens, a neuroscience major, said he agrees with a training process in which teachers must learn how to educate teens about sex, but he does not agree with the current abstinence only program. Stevens said not educating teens about sex is not preventing unwanted pregnancies, STIs or abortions.

Jennifer Rogers, director of Student Health Services said, “I think that options for sex education should be available. I think that offering both abstinence only, as well as a more comprehensive sex education, and then giving families the choice is the best option.”

Dr. Han Kim, assistant professor of public health, pointed out that children will learn about sex elsewhere if they’re not learning it from an authority, be it from the internet, media or peers. Dr. Kim said, “We’re reinforcing ignorance by not teaching comprehensive sex ed.” As a parent, he feels he should have a right to decide how much his children learn about sex, but from a public health perspective, he thinks the youth should be given the tools they need to make informed decisions.

Annabel Sheinberg, education director for Planned Parenthood Association of Utah, said most studies show that parents have the most influential role in their children’s lives when it comes to sex ed. Most parents would like their children to learn about both abstinence and contraception and rely on health educators to provide the factual information. “I think there are some really good health educators in public schools in Utah,” said Sheinberg. She believes the topic “when will I know if I’m ready to have sex” should be added to the curriculum, so teens can make informed choices about sex.

Dr. Jamie Lo, OBGYN resident at the University of Utah, thinks sex ed should be taught as a concerted effort between parents and educators. She said, “Children should learn concrete facts at school, and parents can tailor what they’ve learned to their own culture or beliefs.”

Dr. Lo thinks children should start learning about sex ed comprehensively in or before seventh grade. She believes sex ed is an important global issue because youth need to be educated in order to prevent unwanted pregnancies and STIs.

Educating Utah teens about sex is a sensitive subject, but cannot be ignored. It’s important for all members of the community to educate themselves about reproductive health education because of its impact on youth. Because this last legislation session is over, the issue of improving the curriculum in reproductive health education will be presented again at a later date. As Bolten said, “The solution is education.”

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Resources

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<td>Planned Parenthood Association of Utah</td>
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<td>Reproductive Health Education Reform</td>
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<td>YouthCity</td>
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The Facts: Utah and Sex

- Every day in Utah, 12 teenage girls, 15-19 years of age, become pregnant.
- Unplanned pregnancies cost Utah tax payers $65 million each year.
- Chlamydia is the number one disease in Utah, above the flu. Gonorrhea is number four.
- 67% of new chlamydia infections and 55% of new gonorrhea infections occur among youth ages 15 to 24.

According to the Utah Department of Health (2007)

Increasing ignorance by not teaching comprehensive sex education.

— Dr. Han Kim

Annabel Steinberg believes parents play the largest role in a child’s decisions about sex.

We’re reinforcing ignorance by not teaching comprehensive sex ed.”

— Dr. Han Kim

I think it’s mostly up to parents to determine how much their children need to know about sex.

— Hans Romo

I think that options for sex education should be available.

— Jennifer Rogers, Director of Student Health Services

Hans Romo, a philosophy major would like to see changes in the current sex education curriculum.

I'm Annabel Steinberg and I believe parents play the largest role in a child's decisions about sex.

Hans Romo

Leanne Webster and Joey Richards of Youth City are advocating to change sex education.

Renee Boillon worked with Youth City to change sex education.

Westminster student Benson Stevens weighs in on sex education in Utah’s public schools.
Women’s artwork on display at UCCC
Space and art used to bring women’s issues to forefront

Walter Denison
Assistant Editor

The multi-medium artwork of approximately 50 women is on display through September at the Utah Cultural Celebration Center (UCCC) in West Valley to raise awareness of women’s issues.

The exhibit was organized and sponsored by the American Association of University Women (AAUW) of Utah. According to a press release, AAUW is “the oldest and largest organization working for the advancement of women. It is a national network of 150,000 university graduates of all ages, occupations and academic backgrounds.”

Michael Christensen, folklorist at the UCCC said, Tracey Matthews, of the Utah Museum of Fine Arts, “was our primary liaison in helping to coordinate the show.” Christensen oversees, directs and installs the gallery exhibitions among other things for the UCCC. He said, “Tracey brought in a juror and took care of everything on that end.”

The juror, Apsara C. Di Quinzio, is the assistant curator of painting and sculpture from the San Francisco Museum of Modern Art. Of the 50 female artists, one was chosen as the best-of-show winner by Di Quinzio. The winner, “Last Supper,” a painting by Susan Kirby, depicts many of her artistic influences, said Christensen.

In a statement, Di Quinzio said, “It was a great pleasure for me to serve as this year’s juror. In making my selection, I focused on the strength of each individual work, privileging pieces that expressed an original use of materials, subjects and concepts.”

From a statement released by Matthews, “The Utah Women Artists Exhibition was established in 1992 by an endowment administered by the AAUW of Utah. The endowment encourages women to have a strong voice in the art community and provides opportunities for women to display the unique creativity that they bring to any artistic endeavor.”

Hilarie Orman, AAUW of Utah President, said in a statement, “The women artists of Utah show us how our state influences their lives and enriches our lives through their visions.”

Christensen said about 300 people attended the opening reception for the exhibit on Aug. 13. The most challenging part of the show was figuring out how to give each artist ample room for display, and at the same time provide a creative space for the art. According to Christensen, the symmetrical layout of the walls in the room allows for an equal distribution of the artwork.

“When we were planning the layout of this room, we wanted to take all the basic dimensions of art, and apply it to the arrangement of the room,” said Christensen. “Things like form, scale, size, color, design and alignment. We wanted to enhance and highlight all the great works of art. We tried to create the space itself into something that could also be considered a piece of art. Unlike some galleries, ours is not just dot, dot, dot paintings on a wall” However, “we did not want to upstage the artists,” he said. Approximately 70 pieces of art fill the room. On the night of the opening, some of the art hadn’t had time to see ART on page 11
Hyprochrondia affects 3 percent of US population
News media suspected cause of the disease

SATIRE
Walter Denison
Assistant Editor

Six thousand cases of hypochondriasis have been found around several US cities. This brings the total amount of US suffers to three percent of the population. According to the FDA, the recent outbreak has been caused by an increase in television news airtime.

For the first time in history, researchers, who have been studying the pandemic, ask people to thoroughly wash their hands, eyes and ears after engaging in any news related consumption.

“People don’t realize how dangerous some news can be,” said a lead researcher, Laura Rossetti. “You can feel it coming,” said Nicole Fisker. “I immediately knew I caught it.” Fisker, a second grade teacher and victim of the disease, said she turned the television on in class one day to show students current events around the world “and that’s when I knew I caught it.”

“Ms. Fisker looked fine before we [watched] TV. Then she sat down and her face was red,” said a student of Fisker’s.

After watching 20 minutes of syndicated news, Fisker said she felt a little different, “anxious and uneasy.” She said that evening after school dismissed she “had chills and night sweats.” Fisker also said she had a variety of other symptoms, some too personal to disclose.

“People have told me I’m a hypochondriac, but to be safe, I’m going to see a doctor about it this week-end,” said Fisker. “Out of concern and respect, Fisker has spent the last two weeks worry free in the sun rays of Mexico.”

No deaths have been reported as a result of the disease. Evidence suggests the virulent disease can easily be spread through multi-media outlets. The largest transmitter of the disease is The Today Show with Kathy Lee and Hoda.

Tarantino’s newest film is a violent carnival
A staff writer’s review of “Inglorious Basterds”

Forrest Bennett
Staff Writer

Tarantino’s war is one crazy ride. Quentin Tarantino has closed out the 2009 summer blockbuster season on an explosive note—complete with body parts and bullets flying everywhere in the process—with Inglourious Basterds, the director’s deranged take on World War II adventure movies such as the 1978 movie of the same title (albeit correct spelling), The Dirty Dozen and The Great Escape.

The title squad is lead by First Lieutenant Aldo “The Apache” Raine (Brad Pitt). Pitt plays a wildly amusing caricature that is one part John Wayne and one part Lee Marvin. Raine is a fast-talking, good old boy from the South with a noticeable rope burn around his neck. His Jewish American squad’s mission is to collect 100 Nazi scalps. Reinforcing the Basterds’ take-no-prisoners conquest is Staff Sergeant Donny “The Bear Jew” Donowitz (Eli Roth), an obnoxious loudmouth who likes to re-enact hits made by his home team, the Boston Red Sox, on any Nazi that is unwilling to talk.

Meanwhile, Shosanna Dreyfus (Melanie Laurent), a young French Jew, seeks retribution against the Nazis—particularly Standartenfuhrer Hans “The Jew Hunter” Landa (Christoph Waltz) who ordered her family murdered three years earlier. Since she escaped death, she has been managing a small movie theater in Paris under an alias. The theater has been selected by Gefreiter Frederick Zoller (Daniel Brühl), a cocky young German Wehrmacht war hero, as the venue that will premiere the Nazi propaganda film, A Nation’s Pride, before Adolf Hitler (Martin Wuttke). Zoller attempts to win the affection of Shosanna, who along with the Basterds, seize this opportunity to destroy the Nazi party at its core.

I saw Inglourious Basterds as a return to form for Tarantino. Where his last feature Death Proof had a linear plot and long gaps between action scenes, this movie reverts to a nonlinear plot and more sudden, violent outbursts akin to Reservoir Dogs, Pulp Fiction, and Jackie Brown.

In true Tarantino fashion, the dialogue is what made me interested in the characters. Landa, for example is a character I should hate, but his darkly humorous conversations make him likeable. I would dub the Basterds worthy of their moniker like a spaghetti western anti-hero, they seek justice, but tend to shoot first and ask questions later. At times, they resort to tactics that would make a human rights activist’s hair stand on end—including carving swastikas on the foreheads of Nazis that are free to go.

However, it is Shosanna’s side of the story that engaged me. Seeing what happens to her family and how it has affected her well being made me root for her success. The film’s music is more in tune with the spaghetti western scores of Ennio Morricone, complete with guitars and whistling. For me, this evoked a feeling of tension rather than a proud, patriotic feeling that I would expect of a traditional World War II film.

Overall Inglourious Basterds is like a carnival sideshow. It can be morbidly funny, and it can be outrageous and sick. This sideshow, however, is worth the price of admission.
Beyond Campus

A review of the food reviews
2008-2009 staff writers share their favorite food places

From coffee shops to bars, Westminster students can find all their favorite foods in Salt Lake City. After long days of studying in the Giovale Library and stuffing yourself with the grease of Shaw food, it’s nice to see a change in the usual fare. Below are last year’s staff recommendations for eating out on a college student budget.

Coffee Shops

Go ahead and start your day off right with a great cup of coffee from these local shops.

Coffee Connection
1588 South State Street
Sunday—Thursday
8 a.m. to 1 a.m.
Friday—Saturday
8 a.m. to 2 a.m.
801-467-4937
myspace.com/saltlakecoffeeconnection

According to staff writer, Jennifer Fowler the hot chai tea latte at Coffee Connection is pretty near perfect with the right balance of sweet and spice. Coffee Connection is moderately priced with most 12 oz. specialty drinks coming in at about $3.50. The baristas offer more than coffee with a menu that includes bubble tea, soup, salads and sandwiches. The shop offers a 10 percent student discount to Westminster students who show their college ID. The coffee shop caters to the everyday college students with free Wi-Fi, easy access power cables and quiet comfortable study rooms. Reviewed March 31, 2009.

Nobrow Coffee
315 East 300 South
Monday—Thursday
7 a.m. to 8 p.m.
Friday
7 a.m. to 10 p.m.
Saturday
9 a.m. to 8 p.m.
Sunday
9 a.m. to 7 p.m.
nobrowcoffee.com

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Spoon Me!
532 East 400 South
Monday—Thursday
11 a.m. to 10 p.m.
Friday—Saturday
11 a.m. to 12 a.m.
spoonme.com

Spoon Me! offers three flavors of non-fat all natural frozen yogurts including natural, green tea and acai berry. The yogurt bar offers more than 26 different toppings including chocolate, fresh fruit and cereal. A small frozen yogurt with two toppings will cost $3.75. According to Kristin Lane, patrons of Spoon Me! should expect to find a line on Friday and Saturday nights as other college students get their late night munch on. Reviewed Oct. 7, 2008.

Dolcetti Gelato
900 East 2100 South
dolcettigelato.com

Inside the Tea Grotto building at the intersection of 900 East 2100 South is Dolcetti Gelato serving up authentic Italian gelato made from all natural local ingredients. The menu also includes espresso and panini. Reviewed Sept. 23, 2008.

Sweet Treats

For those late afternoon cravings, the following sweet shops are reviewed:

The Soup Kitchen
2012 South 11 East
Monday—Saturday
11 a.m. to 8 p.m.
slcoup.com

At this small location a quick walk away from campus the menu is written on a large chalkboard and all soups and sandwiches are made fresh daily. This is one of the cheapest Sugar House lunch spots with a $5 burger special and soup for just $2.69 a cup with free breadsticks. Reviewed Sept. 23, 2008.

Oh Sushi
2015 East 3300 South
Monday
5 p.m. to 9:30 p.m.
Tuesday—Thursday
11:30 a.m. to 9:30 p.m.
Friday
11:30 a.m. to 10 p.m.
Saturday
12 p.m. to 10 p.m.

Jeanette Moses suggests sitting at the bar in this tiny dive of a sushi restaurant in Mill Creek. A sushi roll will range in price from $4.95 to $12.95 with most coming in at about $7. The service is hit or miss. But the sushi is always fresh and delicious. Reviewed April 28, 2009.

For more reviews go to westminsterforum.net

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Riding UTA
How to find your way without a car

Krista Smith
Editor

The key to getting around the Salt Lake Valley is to ride TRAX and the bus. It’s just that simple. Oh, wait—no, it’s not.

Public transportation can be a bewildering maze of schedules, routes, detours, buses, trains and walking if you’re unfamiliar with the system. After three years of riding UTA in the Salt Lake Valley, I’d like to share with you my tips and tricks for getting around without always bumming a car from a roommate.

Get the pass for free

The partnership between Westminster College and UTA allows students, who are willing to pledge to use alternative transportation four times a month, to receive a free bus and train pass. For people like me, who walk with you my tips and tricks for getting around without riding UTA in the Salt Lake Valley, I’d like to share.

ID in hand, I suggest students tap on and tap off using three main bus routes near Westminster. The first is Route 213 that runs north and south on 1300 East. Bus 213 runs every half hour on weekdays with a stop just across the street from Bamberger Hall. If you’re headed to Downtown, it’s easy enough to ride the bus to the Stadium TRAX station at the University of Utah. Boarders might want to take the train up to the hospital before taking a wacky ride down University Ave. (400 South) to the Downtown library. For those without wheels, just catch the train headed into Downtown for whatever you’re looking for.

Route 21 on 2100 South is as convenient as Route 17 on 1700 South for going south of Sugar House. Bus 21 runs every 15 minutes on weekdays with the nearest stop just a short walk away on 1200 East and 2100 South. The bus runs east and west on 2100 South going east to the U of U and west to the 2100 South TRAX station.

From Westminster to...

Bus 17 runs every half hour on weekdays on 1700 South, like Bus 21 it also goes east to the U of U and west to the 2100 South TRAX station. The nearest stop is near the Tesoro station on the corner of 1300 East and 1700 South.

The center of the trains

Gallivan Center is the central hub for TRAX, where the University trains meet the Sandy trains. A University train will take you east from Gallivan, while a Sandy train will take you north and south from Gallivan. Recently, UTA has added trains that go from Sandy to the U of U and back, bypassing the congestion at Gallivan Center. All trains stop every 15 minutes along their route on weekdays. Other train stops I use often are 2100 South and Stadium.

To go farther north, you can take FrontRunner from the Salt Lake Central station to Ogden for an additional $5.

Upcoming Events

Wednesday, Sept. 2
Nursing Global Health Day
08:30 AM - 12:00 PM
Vieve Gore Concert Hall
Jewett Center

Intermountain Hoops
06:30 PM - 09:30 PM
Payne Gymnasium

Thursday, Sept. 3
Fair Thursdays - Clubs and Organizations
11:00 AM - 02:00 PM
HWAC Multi-Purpose Court

Nursing Global Health Lecture - Kim LeBel
04:30 PM - 06:00 PM
Gore Auditorium 112
Gore School of Business

To solve the Sudoku puzzle, each row, column and box must contain the numbers 1 to 9.

©2009 PuzzleJunction.com
Shaw also received some cosmetic treatment over summer. "The old carpet had seams in it every so often to match the pattern of the floor. This would cause the carpet to split and fray," said Ryan. After trying several different attempts to hold the carpet together, it was decided to put in entirely new carpet—one which didn’t have so many seams.

Another seamless operation was the reconstruction of several staircases behind Jewett. "We were concerned somebody was going to get hurt on those old stairs," said Ryan. So they were refinished and, like the top floor of the parking garage, given a weather protecting sealant.

Now students can walk up and down a sturdy set of staircases without needing a tetanus booster. According to Ryan, the Meldrum Science Center should be completed by February-March 2010, and Commons by November of 2009. Ryan said, "We're right on schedule."

Continued from page 2

Meet the 2009-2010 ASWC Executive Cabinet

The branches of ASWC and what E-Cab does for students

Krista Smith
Editor

Brody Leven
President
"First and foremost, I’m a college student. I’m trying to enjoy my time here while trying to help others students enjoy their time here. We want to be a student serving organization. We want to open our ears to students. I try to make every day fun and different. I’m not a nine to five office kind of guy. I don't mind being the face of ASWC…what I’m supposed to do is represent the students. The job is so vague because it’s so broad."

Alyson Vander Steen
Activities Coordinator
"It’s a new executive cabinet position. I work closely with Adrienne. SAC works beneath me, which helps plan events. They really gear towards finding the best and most interesting comedians or things students will look to as the best activity or performers. We’re adding weekend activities this year—both on and off campus."

Wyatt King
Director of Clubs & Orgs
"What I do is oversee all the active clubs on campus. I’m also the resource for students who want to come in and start a club. We’re doing this cool thing with the Center for Civic Engagement. I'm coordinating with her (Amanda Ruiz) to plan monthly service projects for clubs that haven’t done their service project yet."

Chase Johnson
Director of Communications
"I do all of the advertising for the campus. I do the minutes for the senate meetings. I’m the connection between ASWC and the student body and administration."

Stefan Van Duyvendijk
Director of Budget & Finance
"I’m supposed to facilitate people and finances to run their events. I hope to take it a step farther this year and that we don’t just give people a budget and sign their check. People want help funding something they need to do a fundraiser or go to the senate for that. I can help them be as prepared as possible."

Adrienne Shaw
Vice President
"The vice president is in charge of all activities and events. I come in and check my emails—pretty routine stuff. I plan the logistics of any event on campus. I contact performers, contact SAC coordinators, make advertisements—anything to do with an event on campus."

Ginny-Beth Joiner
Advisor
"I feel like my main job is to give guidance if necessary. ASWC is in charge of a lot and that includes funding and activities. My goal is to be the voice of reason. I also sign off on checks and oversee day-to-day tasks. I feel like my main objective is just to give guidance and give students room to grow make changes and implement ideas."

For complete interviews and more, go to westminsterforum.net.

Construction

Continued from page 2

Other Westminster Renovations

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Outdoor Rec Program

Continued from page 2

possible to provide presentations and films from outdoor industry leaders and adventurers. The outdoor program works with other organizations on campus such as the Environmental Center, the International Center, and Student Life to collaborate on activities in the outdoors.

The Outdoor Recreation Office is located in the Health, Wellness and Athletic Center (HWAC). Students interested in the program are encouraged to visit, meet new people, share outdoor experiences, watch outdoor videos, find partners for outdoor activities, and peruse the resource library. The library has a variety of outdoor related items such as guidebooks and maps and students can check out. Students can come to the office for program information, to sign up for events, or to rent equipment. The Outdoor Rec office is also the meeting area for outdoor activities and classes, including pre-trip meetings for extended trips.

The program offers a wide range of outdoor recreation classes for credit such as climbing, hiking, skiing and snowboarding, and outdoor leadership. A new class, “Level 1 Avalanche Certification and the Wilderness First Responder” will be offered in spring 2010.

Outdoor rental equipment is available at a great price to the Westminster community. Outdoor Rec has a selection of camping and backpacking equipment such as tents, stoves, backpacks, sleeping bags, climbing gear, and snowshoes available. The equipment will expand in variety as demand and interest evolve. For equipment lists and pricing, visit the Outdoor Rec website or stop by the office.

The climbing wall is an integral part of the outdoor program. The wall offers classes like “First Move,” “Ladies Only First Move” and “Lead Climbing” as part of the regular schedule. Each semester Outdoor Rec hosts relaxed climbing competitions. This fall Outdoor Rec will host the second annual Intercollegiate Climbing Competition. Throughout the semester and weather permitting, weekly outdoor climbing trips are led by advanced student climbing instructors and all levels are welcome to join.

The program also provides leadership opportunities for students. Student instructors have been trained and certified to lead other students on a variety of outdoor trips – this year many extended trips will be led by Westminster students. Student assistants help with indoor responsibilities as well maintaining and renting equipment, organizing paperwork and trips, running the resource library and spreading the word about outdoor program activities. Students who are interested in gaining outdoor leadership skills or who simply want to get more involved should contact Liz Rogers director of outdoor programs at 801-832-2864 or erogers@westminstercollege.edu. Visit the website at westminstercollege.edu/outdoorrecreation to check out pictures and the updated calendar of events.

CRC

Continued from page 2

Career Events

This fall, the CRC is working with faculty to offer Career Exploration events every Monday afternoon to help students explore majors and careers. Other events during the fall semester include the annual Alumni Connections luncheon, Internship Fair, and Graduate School Fair.

Virtual Career Resources

The CRC has extended their online hours for fall 2009 so students can connect from home or other remote locations. In addition to regular office hours (Monday-Thursday, 8 a.m. - 6 p.m. and Friday 8 a.m. - 5 p.m.), the CRC will also be available before and after hours via phone and online Monday through Thursday (7-8 a.m. and 5-9 p.m.), Friday (7-8 a.m. and 5-8 p.m.), and Saturday (10 a.m. - 4 p.m.). To contact us during our extended hours, please call 801-832-2590 or email at careerresourcecenter@westminstercollege.edu.

For more information, visit the Career Resource Center in Shaw 101, login to the Career Resource Center website at www.westminstercollege.edu/career_center/, or become a fan of Career Center at Westminster College on Facebook.

UTA

Continued from page 13

Make a plan

UTA runs on UTA’s schedule, not yours or anyone else’s. What it boils down to is simply planning enough time to get from point A to point B on your trip with plenty of stops to pick up other riders in between. I like to give myself an hour, including the time I plan to spend waiting at the bus stop for any trip. Some days it’s a nice surprise to arrive a half hour early in Downtown with time to window shop, other days I’m running off the train to make an interview. It all depends on the trains and the bus.

UTA’s website, rideuta.com, can be helpful for finding the right routes and schedules that work best for your commute. Unfortunately, the site doesn’t have a feature that allows you to plan a route using both buses and the train. This just means a little extra work on your part for a faster trip.

The customer service at 801-743-3882 is generally helpful. If your bus or train is late, you can call up UTA and they will let you know why.

Meet your neighbor

Choosing to take public transportation is choosing to put your schedule momentarily in someone else’s hands, while sitting next to anyone from anywhere. I’ve had run-ins with ex-boyfriends, been asked for change and once came to a screeching halt so a UTA worker could jump on board. Maybe no one wants to admit it, but there are some strange people in this world and public transportation is one of the best ways to find them. Before you get too nervous, remember most people are only there to get from point A to point B, just like you. So that guy talking to himself hasn’t seen a shower in a year, but most likely he’ll keep his distance while you attempt to discreetly cover your nose. And sure, that woman yelling at her significant other on her phone is beyond annoying, but the bus driver will probably ask her to keep it down. If nothing else, public transportation will always give you a good story.

Get lost

And finally, the best way I’ve ever learned for getting around was getting lost. It seems counter-intuitive, but allowing yourself a few hours on a weekday to explore the city via public transportation will allow you to learn more about buses and trains than all the reading in the world.

So go ahead, take advantage of your free pass, tap on, sit down and see what happens.
save some green

Turn your Westminster ID into a UTA pass.
It’s one of the best things you can do to help the environment (and your wallet). Simply take a pledge to take alternative transportation* to school at least four times a month and you can have free access to UTA buses, TRAX and FrontRunner – a $1,944 value! To make yours, stop by the Health and Wellness Center.

*Alternative transportation means anything that doesn’t bring a car to campus, including walking, biking, carpooling, or taking transit.

RIDEUTA.COM UTA