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MOLLY GRAY

Members of the Sugar House community gather outside of the Chabad Lubavitch Synagogue, located one block below Westminster's campus, on Oct. 29 for a candlelight vigil. Attendees honored the 11 who lost their lives during the Tree of Life Synagogue shooting in Pittsburgh, Pennsylvania on Oct. 27.

ATHLETICS



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CAMPUS



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WESTMINSTER LACROSSE PLAYER'S LIFE MEMORIALIZED WITH SCHOLARSHIP

SHAY HARRIS
STAFF REPORTER

The Westminster College men's lacrosse team established the Matt Hearn Memorial Lacrosse Scholarship last summer to honor the memory and values of Matt Hearn, a Westminster alumnus ('14) and lacrosse player.

"Matt had this tremendous spirit about him," said Scott Kellner, a close friend of Hearn. "He was somebody that people liked having in their lives, and most people planned on having him in their lives for a long time."

Hearn died July 13, 2017 from a rock climbing accident in Salt Lake City, Utah.

To "commemorate and memorialize" Hearn's legacy, his family and friends worked with Westminster men's lacrosse to create an endowed scholarship said Kellner, a Westminster alumnus ('13). The money for

the scholarship comes from donors who knew Hearn as well as outside fundraising efforts Kellner said.

"We made sure people knew about [the scholarship] and could make it easy for people to give to it," Kellner said. "We had a big game where we honored Matt and talked about the scholarship and had [information] on the website."

Unlike many scholarships, the recipient of the Matt Hearn Memorial Lacrosse Scholarship is chosen by the entire men's lacrosse team.

"After fall ball is over, I ask the team to select the player that most meets the description of how Matt's teammates remember him," said Mason Goodhand, head coach for men's lacrosse since the team began in 2007. "A humble player, a player that is positive in his comments and his support for others, is basically what [players] are trying to articulate or define when nominating one of their teammates."

The recipient of the scholarship will also compete in the spring wearing Hearn's number, Goodhand said.

"Matt was a very positive young man, very supportive of everybody else on the team," Goodhand said. "Though he was an elite level player, he treated the benchwarmers and the guys that were just apart of the team like they were rockstars. Matt was probably least impressed with himself."

Dylan Tuor, a junior finance major, is the first student to be awarded the scholarship.

"At first I was super shocked and it was kinda like a wake up call," Tuor said. "I really felt honored that my team selected me and said that I emulated similar behaviors as Matt [...]. To have people actually recognize me, and say that I'm all these things that I've always strived to be was really like whoa!"



BOB MCLELLAN - SHOOTING STAR PHOTOGRAPHY

Matt Hearn takes a shot on Dumke Field wearing his #34 jersey. The recipient of the Matt Hearn scholarship will wear the #34 jersey to honor Hearn who died July 13, 2017 from a rock climbing accident.



ADIR HAZOUT
Mor Cohen and Adir Hazout sit on the sideline of a soccer game in Beersheba, Israel in 2016. Since the age of 14, Cohen and Hazout have played together on the same soccer team and continue to do so at Westminster College in Salt Lake City.

FROM DEAD SEA TO GREAT SALT LAKE: ISRAELI STUDENTS IN UTAH

SICILEE WILLIAMS
STAFF REPORTER

Even though Amit Hefer, Mor Cohen and Adir Hazout are thousands of miles away from home, together they are able to celebrate their Israeli culture in Salt Lake City.

The three are from a city in southern Israel name Be'er Sheva, the largest city in the Negev desert of southern Israel. They now reside together at Westminster on the Draw (The Draw).

There are many Israeli holidays during the month of September, which Hefer, Cohen and Hazout said they were able to celebrate together in Utah. Hefer said they also practice many Israeli traditions together, which has made the transition to "the states" easier.

Before Westminster

Hefer, Cohen and Hazout said they grew up playing soccer together. Hazout said his and Hefer's friendship started with their fathers, who happened to play soccer together in the '90s.

Since the age of 14, the three played together on an academy soccer team in Israel which are generally more professional, according to Hefer.

After high school, Hefer, Cohen

and Hazout joined the military. All Israeli citizens over the age of 18 who are Jewish, Druze, or Circassian are required to serve in the military. Hefer, Cohen and Hazout served for three years.

There were various duties that people serving needed to complete, according to Hefer.

"What we did in the military?" said Cohen, a first-year studying sports management. "It depends on who's asking."

"Yeah if we told you we'd have to kill you," added Hazout, a first-year studying business management.

Hazout and Cohen said they were actually in charge of cleaning laundry and training others at the gym and Hefer said he helped with laundry as well.

Transitioning to Westminster

Hefer was the first to arrive at Westminster in 2017. He said he had a friend who used to play for Colorado Mesa University, where Westminster's current head coach, Josh Pittman, used to coach. He said he was recruited through a highlight video he emailed to Pittman.

Cohen followed in Hefer's footsteps the following year, but Hazout said he was hesitant at first.

"[Hefer and Cohen] told me you

gotta come with us, but I didn't want it," Hazout said. "I didn't want it in the beginning because I wanted to stay and play in Israel."

In the beginning, Hazout said he felt hesitant because he didn't want to leave his family and because he had never lived alone. However, making the move with his friends, Cohen and Hefer, made it easier to transition, according to Hazout.

Celebrating Israeli holidays

Practicing Israeli traditions and celebrating holidays with each other has made the transition to the United States and Westminster fairly easy, according to Hefer.

"All September is the month of holidays," Hazout said. "It's like when you guys have Christmas and everything close together. September is our holiday season."

During the holiday season, celebrations such as Rosh Hashanah, or the Jewish New Year, take place. All of September tends to be a celebration where families join together, eat food and celebrate, according to Hefer.

Another Israeli tradition is called Shaback. Cohen said it is their "day off" in Israel. Shaback is not a specific Israeli holiday, but a day that is spent with the people you love, ac-

cording to Hefer.

"It's a day that you make dinner together," Hefer said. "Usually you're together with the family and it's a special day."

"Especially when I'm cooking fish," Hazaout added.

Although Hefer, Cohen and Hazout all take turns cooking meals for each other, Hazout cooks a Moroccan fish for Shaback.

At The Draw, they are joined by one other roommate Jordan Penn who was randomly assigned to live in the same apartment. Penn is a sophomore at Westminster studying neuroscience.

Penn said he has learned a lot about the culture in Israel because of the many traditions and celebrations Hefer, Cohen and Hazout practice together.

"I got to eat with them a couple times on Friday nights and it was really fun," said Penn. "They cooked amazing food and would tell me all about what home was like for them and fun things they would do all the time."

Transitioning to the United States and Westminster has been much easier than expected because the three friends had each other, according to Hefer.

"Last year I didn't feel it, but now when we are having dinner together on Friday nights it's easier," said Hefer. "It feels like home."



MOLLY GRAY

A crowd gathered for the candlelight vigil for the victims of the synagogue shooting in Chabad Square Oct. 29. Among those in attendance were religious leaders and elected officials, including Rep. Chris Stewart, Salt Lake City Mayor Jackie Biskupski and Gov. Gary Herbert.

PITTSBURGH SYNAGOGUE SHOOTING IGNITES STUDENT DISCUSSION OF HATE CRIME, GUN CONTROL, RISING ANTISEMITISM IN THE U.S.

MOLLY GRAY
VIDEO & PODCAST DIRECTOR

Rabbi Avremi Zippel of Salt Lake City's Chabad Lubavitch synagogue, located just below Westminster College's campus, recited prayers to a solemn crowd.

The gathering was nearly silent. Faces lit up by the flames of white Roman candles were bowed in respect, and quiet prayers honoring innocent lives lost were murmured.

Attendees at the event were part of a candlelight vigil in remembrance of those killed in a mass shooting at the Tree of Life synagogue in Pittsburgh, Pennsylvania. The vigil was one of several held throughout the state of Utah that week, including those at Congregation Kol Ami, the University of Utah and Chabad of Saint George.

In attendance were a variety of religious leaders and elected officials, including Rep. Chris Stewart, Salt Lake City Mayor Jackie Biskupski and Gov. Gary Herbert. Several speeches were given throughout the night, projecting support for the community and condemning the act of violence.

The shooting, which took place Oct. 27, was a premeditated antisemitic attack. The shooter, 46-year-old Robert Bowers, entered the Tree of Life synagogue armed with an AR-15 semiautomatic rifle and three smaller firearms during Saturday morning Shabbat services, according to the Washington Post. He then proceeded to shower the congregation in gunfire, killing 11 worshippers on their holy day.

Considered to be the deadliest attack on the Jewish community in the history of the United States, according to CNN, the shooting affected the entire nation, including Westminster students.

Emma Thompson, a third-year

technical theater major and practicing Jew, said she was deeply disturbed when she learned about what happened in Pittsburgh.

"I was pretty much depressed all day, and everybody at work was like, 'What's going on, are you okay?' Well a bunch of my people were just slaughtered," Thompson said. "So, yeah. It's a rough day."

Thompson was not the only Westminster community member affected by the attack.

Jan Saeed, director of the Office for Global Peace and Spirituality on campus, reported that several Westminster students have been struggling to come to terms with what happened.

"With the students that I've talked to, it's unfortunately part of a stream of actions that are happening in the world," Saeed said. "When people are gunned down for no reason, it causes heightened levels of stress and anxiety for all of us."

Saeed also said she felt the nation's current sociopolitical climate contributes to increasing incidences of antisemitic violence.

According to the Anti-Defamation League's 2017 audit of antisemitic incidents, acts of antisemitic violence in the U.S. rose in frequency by 60 percent in 2017.

"The concept of being able to attack others verbally leads to people that may not be of sound mind being affected by this verbal abuse of one another," Saeed said. "If they have any imbalances in their personality, it can lead them to violence that should not be a part of our community."

Ellie Brown, a third-year music major at Westminster, said she agreed.

"I think that if people are preaching negativity toward different groups, that can lead to people then acting out and reaching out

“
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”

Jan Saeed
DIRECTOR OF THE OFFICE FOR
GLOBAL PEACE AND SPIRITUALITY



MOLLY GRAY
A single candle burns among the crowd in Chabad Square on Oct. 29. A Holocaust survivor in attendance at the vigil lit 11 candles to honor each life lost in the Tree of Life Shooting.

violently,” Brown said. “Different people’s personalities react to things in different ways.”

The idea of increasing violence as a direct result of liberated hate speech is not a new topic of discussion in the national sphere. The United States Holocaust Memorial Museum (USHMM) reports on their “Preventing Genocide” page that genocide “is often preceded and accompanied by widespread hate speech,” which can “cow bystanders into passivity.”

Saeed said she thinks that there is a way for individuals to help end this. And also said there are strategies for individuals to correct their peers’ hate speech, no matter how subtle it may seem, in a constructive way.

“When there are people who use hate speech, and we’re standing by if it was a slight or a joke that was supposedly funny to some person in that room, if we speak up and say ‘That’s not funny,’ that changes the whole environment,” Saeed said.

The rising prominence of hate speech in the nation’s sociopolitical climate was not the only contributing factor cited by students for the Tree of Life shooting. Issues in gun control legislation in the U.S. were also mentioned.

Emma Thompson said that “you don’t need an AK-47 to protect yourself.” The Idaho native,

who said she believes in gun rights and gun ownership, also said that anybody who wants a gun should have to go through the appropriate channels to get one.

“But just like, a handgun. Or a shotgun,” Thompson added.

A lack of ownership filtration on the basis of mental health, as well as the ability of private citizens to buy automatic and semiautomatic rifles, students said is one of their greatest concerns when it comes to gun control regulations.

“I think it’s f***ed up that I could go in [to a gun dealer] wearing my PJs, and it doesn’t matter who I am,” said Ellie Brown. “I could just be like, ‘Yo, I want a gun.’”

Concrete regulations surrounding guns, however, are not what encourage people to senselessly use them against others, according to Thompson. She believes that it is fear and a lack of education that leads to the hate expressed in the Pittsburgh shooting.

“There’s a lot of misperceptions about different religions, and I feel that one should just educate themselves, as best as they can and as much as they can on these different religions,” Thompson said. “While you are educating yourself, you will meet people. [...] You’ll create a personal connection.”



MOLLY GRAY
People of various faiths attended the Oct. 29 Chabad Square vigil to show their support. One speaker at the event noted, “We are all children of the same God.”



SEBASTIAN DURANTE
Junior Miles Paddock goofs around on his Yamaha Zuma 50cc moped on Oct. 12. Paddock is one of several students at Westminster College who have purchased mopeds as an alternative form of transportation.

MOPEDS FUN, ECONOMICAL TRANSPORTATION SAY WESTMINSTER STUDENTS

SEBASTIAN DURANTE
BUSINESS & ADVERTISING MANAGER

Bruce Ostler's morning commute to class is unique. He doesn't drive a car or walk the four blocks from his house in Sugarhouse. Instead, Ostler steps outside every morning, opens his garage, and pushes his moped off its built-in kickstand. He presses a button beneath the throttle that makes the engine to sputter to life, with a puff of white smoke.

Ostler is not the only one to adopt this mode of transportation. This year there has been an influx of off-campus students at Westminster College purchasing mopeds, many of them friends who ride together. The Forum talked to several student moped owners, who refer to themselves as the crew, to learn more about what has been driving this trend.

Economic Value

Because of their small engines, mopeds are fuel efficient and some low CC mopeds can get as much as 132 miles per gallon, according to Popular Mechanics.

"CC", short for cubic centime-

ters, is a measurement of motorcycle and moped engine displacement. The Department of Motor Vehicles says that engine displacement measures the amount of air and fuel that is sucked into each cylinder during engine operation. The more air and fuel available in a cylinder (higher CC), the stronger the combustion, resulting in more power generated. In other words, higher CC generally equals more power and lower gas mileage, while lower CC equals less power and higher gas mileage.

Wyatt Connor, a junior nursing major, says he bought his moped a year ago, before the recent jump in popularity.

"I didn't have the funds to just buy a new car, so I saw a moped on

KSL so I researched it and bought it," said Connor who owns a Yamaha Zuma 50cc. "It's also great on gas mileage. I get around 100 mpg."

Bruce Ostler, a sophomore psychology major, said he was one of the first students to purchase a moped this year.

"I got a moped because it made financial sense," said Ostler who owns a Aprilia Sportcity 250CC. "My truck gets 10 miles to the gallon. The alternative was to look on KSL and get a moped, which gets 80 miles to the gallon."

Ostler said

that fuel economy was a big factor in his purchase, especially the inexpensive fillups.

"I fill it up probably once every two weeks," Ostler said. "It costs \$6 to fill it, where I was filling the

truck up once every week and it was like 50 bucks."

Miles Paddock says he got his Yamaha Zuma 50cc around a month ago.

"I get around 80 miles to the gallon," Paddock, a junior finance major said. "It's a 2-stroke so it's super reliable."

Two-stroke engines are a lightweight engine design, using a mixture of fuel and oil to keep the engine lubricated, rather than separate reservoirs like 4-stroke engines, according to Howstuffworks. The resulting system has a strong power output relative to weight.

While students said fuel economy is a major factor for many who are considering buying a moped, other factors play a role in the economic value of purchasing one.

Liam and Conor Conkling are brothers from New Hampshire who both attend Westminster. They said they purchased their shared moped, an IL Bello 150cc, about a month ago.

"My brother and I went in on it together," said Liam Conkling, a junior special education major. "It was a \$700 moped, so we split it and that made it cheaper."

IT KIND OF GAVE
ME A TASTE OF
WHAT IT FEELS
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AND IT WAS
CONTAGIOUS.

Liam Conkling
JUNIOR SPECIAL EDUCATION MAJOR

It's a pretty big moped with a big motor. I could've gotten one for half the price but it wouldn't have been as nice."

Conor Conkling said sharing the moped has helped make him more mobile.

"Liam has a car out here, so this allowed me to have some sort of wheels 24/7," Conor Conkling said. "If Liam had the car, I had the moped or vice versa."

Safety

According to the National Highway Traffic Safety Administration (NHTSA), 5,286 people died in motorcycle accidents in 2016. The NHTSA includes mopeds in this statistic.

Several students said they've had scary moments while riding their mopeds.

Liam Conkling said he crashed the moped he shares with his brother, leaving it in need of repair.

"We've all dumped them before, but I crashed the hardest," Liam Conkling said. "We were [...] in a gas station parking lot. Because mine is more powerful, the tail slipped out and it lurched across the road into the ditch."

Conkling also said that while the crash is a financial burden, it gives him the opportunity to learn how to complete repairs on his own.

Liam Conkling is not the only one of the crew that has had an accident with the mopeds.

"I slid out on wet grass and face planted last week," Miles Paddock said.

The lack of protection and being small on the road compared to a car is a cause for concern among other owners.

"I have to be more aware of the

other drivers because they aren't really looking out for me," Wyatt Connor said. "What would be a fender bender in a car would kill me on the moped."

Fun Factor and Livability

Students said that part of the appeal for owning a moped is the fun factor and riding together as a group.

"My good friend Miles had purchased a moped, and it kind of gave me a taste of what it feels like to ride on the open road, and it was contagious," Liam Conkling said. "I wanted to ride with Miles and have more people riding together."

Mopeds also provide more flexibility in daily transportation according to owners.

"I can take it anywhere, on trails, on the street and on the sidewalk," Paddock said.

Bruce Ostler agreed and said "It's more fun to get around" because he can "take the sidewalk and skirt through traffic."

Students said it is also easier to find parking for a moped than it is for a car.

"I have clinicals at the University of Utah, and it's impossible to park a car, but you can park the moped pretty much anywhere," Wyatt Connor said.

In addition to ease of parking, Connor also said he likes the spontaneity that comes with owning a moped.

"It feels like less of a commitment than a car," Connor said. "I wouldn't just go for a random drive in my car, but I would on the moped."

MEET THE NEWEST EDITOR



MOLLY GRAY

Sebastian is a 21-year-old junior communication major at Westminster College who grew up in rural Vermont. An avid car enthusiast and skier, he prefers to spend his free time outdoors. He is excited to work as the Business and Advertising Manager.

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STEVEN SERIL

Steven Seril practices his powerlifting while wearing a dress suit. Seril is a four-time 1st-place, powerlifting champion and wears a suit to the gym as a way to honor the identity he reclaimed after suffering from amnesia as a result of being hit by a car while riding his bike in 2016.

COMMUNITY MEMBER POWERLIFTS IN DRESS CLOTHES TO OVERCOME PERSONAL STRUGGLE, HONOR HIS IDENTITY

MCKENZIE QUARRY
STAFF REPORTER

Students, faculty and staff might recognize Steven Seril by his signature dress suit which he wears to lift weights on campus.

Seril is a four-time 1st-place award winner in powerlifting, according to Open Powerlifting, and regularly competes in events sponsored by the United States Powerlifting Association (USPA) and the American Powerlifting Federation (APF).

Seril's connection to Westminster College is through his wife, Diana Mavlanova, an alumna of Westminster's nursing program and a yoga instructor at the Dolores Dore Eccles Health, Wellness and Athletic Center (HWAC).

Some community members might find Seril's choice to powerlift in dress clothes confusing or, in the case of his wife, a little embarrassing.

Morgan Wright, a flight operations major, said he has seen Seril at "random times" in HWAC and "would be interested to know why he [wears dress clothes while lifting]."

In 2016, Seril was hit by a car while on his bike and suffered major brain and bodily trauma as well as amnesia. He said he wears dress clothes, something he wore

to school before the accident, to remind himself of who he is, was and wants to be.

The Forum sat down with Seril to talk about his powerlifting, accident and clothing choice. His responses have been lightly edited for clarity and conciseness.

Q: Why do you lift in dress clothes?

A: I lift in dress clothes for many reasons. I would say, because I feel at home in them. [...] It brings me back to a time when I was younger in a single-parent home and I wanted to go to school in the best clothes I could [regardless] of how much or how little money we had. [...] And when I was in that accident and forgot who I was, people were there to tell me stories and remind me of this thing I used to do. They reminded me of these things I used to wear that helped to make me, me. [...] I remember that I am who I am. I represent that. I own that.

[...] It's that rebel spirit, that rebel soul that says, "I can do what I want, I can wear what I want, I can be how I want to be, I can be who I want to be." And what I want to be is a chivalrous gentleman, a classy person, a role-model, a professional. My dress clothes, I feel, put off an aura of class and sophistication, of civility in a sometimes uncivilized world.

Q: What happened before and after the time of your accident? Where did the accident take place?

A: It was May 14, 2016. [...] I was heading out to get an anniversary gift for my girlfriend on my bike. My neighbor also asked for some Tylenol, so I rode off from my apartment in West Valley City to get those things from the store. The rest is black. I don't remember. The person who found me, Ron, told the police that he saw "a champagne colored car take off like a bat out of hell," from me as I lay bleeding on the side of the road.

I suffered from amnesia in the week following and had forgotten my own name and who I was. [...] Everyone did what they could so that I would remember and I did. [...] Three weeks into my recovery, I heard from friends and family that they believed my girlfriend of five years was flirting with another guy online. She ran off with him on June 3, leaving her promise ring [...].

Q: Can you tell me more about your powerlifting journey, where you started, where you are now?

A: My background was in bodybuilding. I picked it up because I was tired of being obese and unattractive. [...] I was bullied heavily as a kid, a fat kid. [...] I wanted a change. I wanted to be the best version of me that I could be.

Before my accident, I bulked up into the 180s, got into great shape, and began lifting heavier, which surprised the much bigger people in the gym. I felt strong and powerful and capable. I liked that feeling.

After the accident, I couldn't train heavy and lost my strength, mass, and mobility for a while. It was crippling and crushing to lie in bed like that. [...] I trained with my medical bands and weights as light as 2 lbs. until I could progress to machines. My strength grew and grew day by day and I realized, I remembered how great it felt to lift again.

Q: Is there anything you would like people to know about you?

A: The greatest thing I ever wanted to be in life is a great husband. I feel I am accomplishing this. I am happily married to my gorgeous and talented wife, Diana, a yoga instructor and Westminster grad, and we conquer the world together as a team.

[...] I am the guy who made his first 1,000 lbs. total with two sprained wrists in February, who pulled a deadlift for over 10 seconds in June 2017 and finished it to a standing ovation and who continues to defy the odds. I am Steven Seril. I am a champion.