

# THE GLOBE



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November 12, 2014 | Fall '14 | Issue 13



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## Wednesday

# 12

### Exhibit: What I Thought I Saw

When: 8am – 5pm  
Where: South City Campus

### Veterans Week Activity - Video Screenings "Makers: Women at War", "Miracle at Yap Kong" & "Healing the Warrior's Heart"

When: 10am – 1pm  
Where: Taylorsville Redwood Campus

### Hatching a New You

When: 11am – 12pm  
Where: Taylorsville Redwood Campus

### Tanner Forum on Social Ethics: Cheryl Strayed, author of "Wild"

When: 12:00pm – 1:30pm  
Where: South City Campus

### The Student Voice Project:

#### What I Thought I Saw

When: 12pm – 1pm  
Where: South City Campus

### SLCC FLIX Film Club

When: 1-2 pm & 4-5pm  
Where: Rm 2-070, South City Campus

### Bruin Campus Cupboard

When: 2pm – 7pm  
Where: South City Campus

## Thursday

# 13

### Exhibit: What I Thought I Saw

When: 8am – 5pm  
Where: South City Campus

### Cans For Cocoa

When: 9am – 11am  
Where: Miller Campus

### Veterans Week- U.S. Military Recruiters Rock Climbing Wall

When: 10am – 12pm  
Where: Taylorsville Redwood Campus

### Bruin Campus Cupboard

When: 2pm – 7pm  
Where: South City Campus

### Transitions - Support Group

When: 2pm – 3pm  
Where: Taylorsville Redwood Campus

### Hip Hop Dance & Culture Club

When: 2:30pm – 4:30pm  
Where: South City Campus

### Communities United

When: 5:30pm – 7:00pm  
Where: South City Campus

### Student Jazz Studio Ensembles Concert

When: 7:30pm – 9:30pm  
Where: South City Campus

## Friday

# 14

### Exhibit: What I Thought I Saw

When: 8am – 5pm  
Where: South City Campus

### Sports Rally - Basketball Games

When: 11am – 12pm  
Where: Taylorsville Redwood Campus

### Latinos in Action

When: 1:00pm – 2:30pm  
Where: Taylorsville Redwood Campus

### SLCC Women's Basketball vs Sheridan College

When: 5:30pm – 6:30pm  
Where: Taylorsville Redwood Campus

### Chamber Singers & Chamber Ensemble

When: 7:30pm – 10:00pm  
Where: South City Campus

## Saturday

# 15

### Men's Basketball vs Casper College

When: 5pm – 7pm  
Where: Taylorsville Redwood Campus

### selected SHORTS with KUER's Doug Fabrizio

When: 6:30pm – 7:30pm  
Where: South City Campus

## Monday

# 17

### Bruin Campus Cupboard

When: 2pm – 7pm  
Where: South City Campus

### DECA Meeting

When: 12pm – 1pm  
Where: Taylorsville Redwood Campus

## Tuesday

# 18

### Communities United

When: 5:30pm – 7:00pm  
Where: South City Campus

### Bruin Campus Cupboard

When: 2pm – 7pm  
Where: South City Campus

### Stress MGMT - Group Counseling Sessions

When: 12pm – 1pm  
Where: Taylorsville Redwood Campus

### Salt City Jazz Concert

When: 7:30pm – 9:00pm  
Where: South City Campus

### SLCC Men's Volleyball Club

When: 7:30pm – 8:30pm  
Where: Taylorsville Redwood Campus



For event details, please visit:  
[globeslcc.com/calendar](http://globeslcc.com/calendar)



Photo by Brook Cummings-Arnold

## Student's Showcase Life @ SLCC

### Be an Instagram Contest Winner: Brook Cummings-Arnold

The Globe is proud to present a new Instagram contest! Show us #lifeatslcc through the eyes of your camera. A winning photo will be printed in The Globe each week and the winner will receive Quick Wits tickets, an iTunes gift card or a Bruin Bites gift card.

#### Instagram users

In the caption of your photo, please include:

- a mention of the MCC handle (@masscommcenter)
- the hashtag #lifeatslcc
- the hashtag for your campus, e.g. #SouthCity

#### Non-Instagram users / Alternate submission method

- Email contest.globe@slcc.edu with an attachment of your photo
- Provide a caption for your photo and include the hashtag #lifeatslcc and a hashtag for your campus, e.g. #TaylorsvilleRedwood

Disclaimer: By uploading an image to Instagram where you mention @masscommcenter, or attaching any image that is sent to contest.globe@slcc.edu you are allowing The Mass Communication Center and any of its student mediums to redistribute that image at their discretion (print, online, social media, etc.) If your image is used by MCC media, proper credit will be given as the source of the image.

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# Latino youth become empowered via **meaningful education**



SLCC Latinos in Action club welcomes students to 2nd annual High School Conference, located at the Taylorsville Redwood Campus on Nov. 5, 2013.



LIA organize and host initial High School Conference to involve prospective students. Latinos in Action club members enjoy a day together at Lagoon.

## **Jaquelin Gonzalez**

Contributing Writer

Fun, helpful and enthusiastic are all part of the Latinos in Action (LIA) environment where students interested in Latino culture may join.

LIA is a SLCC club, which mainly holds functions at the Taylorsville Redwood Campus. In 2010, LIA became a nonprofit organization. Their mission is to empower Latino youth to enroll in college and graduate by providing them meaningful educational, service, cultural and leadership opportunities.

"Latinos in Action also travels every spring out of state to their yearly LIA conference. Anyone who would like to join and come to this conference is welcome. They would just have to pay a \$5 donation, to make the trip expenses smaller," says Jose Luis de Avila, LIA member.

The club requires a \$5 fee each semester they are involved. This money helps the club with future events, trips and also to help schools that are in need of supplies. Other distinguishable activities LIA offers include community service around neighborhoods and schools on a weekly basis. For example, students who are part of LIA help tutor reading and math in local elementary and middle schools. They also spend time volunteering as translators for school events, such as parent teacher conferences.

LIA also offers classes in middle, junior high and high schools, which



Latinos in Action club utilizes art to reach out to migrant youth with the message that "No Human Being is Illegal."

are part of the College LIA program, which operates in over 110 classrooms throughout Utah, Idaho, Washington and Texas.

LIA meets Fridays at 1:00 p.m. in the Senate Chambers of the Student Center at the Taylorsville Redwood Campus. Anyone may join, no matter where they are from or what culture they represent, as all are welcomed to participate at any time. LIA sponsors many events each semester, such as the club conference held for high school students.

"This conference will have about 20 workshops to get high school students ready for college and as a special guest speaker, LIA invited Michael Reyes, a poet from Chicago, who will encourage students to go to college," says de Avila.

For more information about LIA, visit [facebook.com/slccclia](https://facebook.com/slccclia)



# Students petition to create a **community cat** program on campus

**Heidi Bledsoe**

Contributing Writer

Students are holding a petition drive to help create a community cat program like the one at Utah State University, of creating a healthy colony of feral cats and inhibit its growth.

Students want the SLCC administrators to know that they do care about the 25-30 cats who call Taylorsville Redwood Campus home.

"We call them the 'library kitties' because they seem to prefer hanging out at the Markosian Library, although they do hang out at the Applied Technology Building too," said library employee and SLCC student Ashley Thompson.

In the past they have been able to gain the trust of the cats and get them medical care and into foster homes until adoption is possible.

USU established the "Aggie Cat" program about 10 years ago, to help cats in need of care and love.

"In that time we have been able treat and release (TNR) at least 80 cats, preventing an estimated 9,000 cats from being born," said Whitney Milligan with the USU housing department. Currently she estimates there are about four cats that are in residence on campus.



Photo by Ashley Thompson

**Padou Paul Futh (above) gets petition signatures for Library Kitties (right)**



Photo by Ashley Thompson



Photo by Ashley Thompson

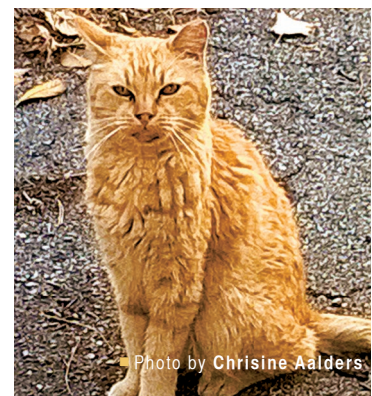


Photo by Christine Aalders

"Surprisingly, the major financial donors are not cat people at all, but simply people who believe all creatures have a right to humane treatment," said Milligan.

The hopeful outcome of the petition is to make SLCC administrators see that the students do care about these community cats. In turn, those pushing the petitions are hoping to see that the administrators will allow a program that can be as successful as the one at USU.

A preliminary meeting with administrators has been scheduled. This will then lead to a larger, more formal meeting where representatives from the Utah Humane Society, Mercy or Animals and SLCC Advocates 4 Animals will be allowed to present their case in more detail.

The petition is sponsored by SLCC Advocates 4 Animals club that meets on the Taylorsville Redwood Campus. If you would like to sign the petition, visit <http://petitions.moveon.org/sign/help-keep-slccs-community>

To join or more information about SLCC Advocates 4 Animals visit <https://www.facebook.com/groups/slcc.a4a>

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# Students preview future careers in the **health sciences field**



Photo by Jennifer Vasquez

**Javier E. Rico**

Contributing Writer



Photo by Javier E. Rico

High school students visit the Occupational Therapy booth at the Health Sciences open house.

Salt Lake Community College's Health Sciences Department recently held an open house at the Jordan Campus to "expose high school students to available programs," said JoAnne Wright, Dean of Health Sciences.

The open house presented the nine programs with hands-on activity booths and simulation labs, where students had opportunity to preview health science careers.

"They learn skills here with teachers and students," explained Danielle Marble, Academic and Career Advisor. "One question we ask students is what interests them and how much they can handle."

Ruben Rocha, the Health Information Technology Program Manager, said if a student knows the type of work they want to do in this field, but they have low tolerance for set-backs or have allergies, that may affect how they treat patients. As such, it might be the recently added Health Information Technology program, which could be a better fit for them professionally.

Kasey Schuster, Biotechnology Outreach Coordinator, introduced the Biotechnology program to students by giving them DNA Extraction Kits to earn a T-shirt.

"It's really easy," said Rachel Thackeray, a high school student, as she earned her T-shirt. The booth also included an activity that challenged a student's skill by using a *pipette*, which is a tool used to accurately measure and transfer fluids to secure percentages. The closer the participating students could get to zero percent, the more likely it was they would get a bar of chocolate.

Schuster also explained the partnership between SLCC and UVU and their ability to take classes at the SLCC Jordan Campus as to not have to travel outside the area. He explained how students can be allowed to register for classes at both schools during a semester and, then, by agreement, receive up to full-time status for financial aid purposes (based on total credits).

"It encourages independence," said Taylor Hoyt, an instructor and previous graduate of the Occupational Therapy program. "It's a good stepping stone."

Other students attending booths shared their experience with SLCC's Health Sciences program and agreeing how much they had learned and had fun while studying a rewarding field.

"People should do what they love to do," said Jeremiah Edwards, a class representative for the Radiologic Technology program.

Phyllis Seyler, at the Career and Student Employment booth, stressed the value of internships. She said students may secure employment leading to a 20-year career, and encouraged internships as an important route for future jobs.



Photo by Javier E. Rico

High school students prepare to be surgeons as they perform delicate operations as the activity for the surgical technology booth.



Photo by Javier E. Rico

Class Representatives Jeremiah Edwards and Robert Soresen high five with a skeletal hand at the Radiological Technology booth.

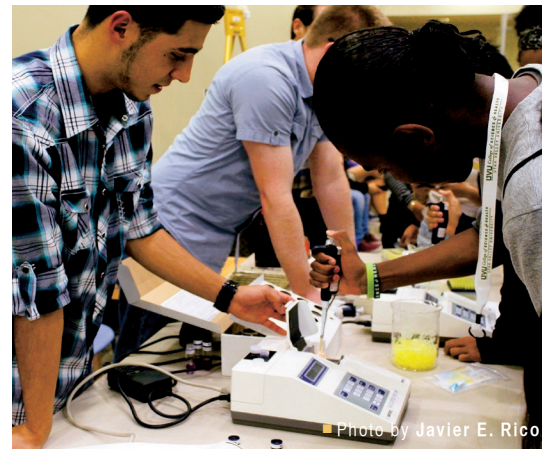


Photo by Javier E. Rico

SLCC students show high school students how to use a pipette in the activity for the biotechnology booth



Photo by Javier E. Rico

High School Students watch a demonstration from an SLCC student at the occupational therapy booth.

**www.globeslcc.com**



# Pre-Med Professionals Club demonstrates Life-saving skills

**Tamara Brune-Wharton**

Staff Writer

At first glance, it seems like a typical information fair; with popcorn, healthy snacks, display tables, and students milling about. Looking closer, the 'Emergency Disaster Awareness and Health Fair' appears more like a gory Halloween display with mummies and mad scientists.

However, these are serious students in SLCC's Health Sciences Program (HSP), with medical expertise and professional careers, with an important message to deliver.

"You go wrap, wrap and grab the tail and pull it through... then, you wrap, wrap the other way. Now you want to tie... eight or more times is fine... as many times as you want. Yeah, good! Want to do more? Okay. Great," says Phebe Young, global health worker and Co-President of SLCC's Pre-Medical Professionals Club (a.k.a. Pre-Soma Club), which sponsored the fair.

Donned in scrubs at the suture clinic booth, Young instructs students how to suture on a 1-foot square slab of pigskin stretched on the table.

All in the name of wellness and emergency preparation, the event, held Nov. 6, in the Science

and Industry Building Atrium at the Taylorsville Redwood Campus, houses numerous emergency preparation stations, with participation from several SLCC Health Sciences Program students, AAA, Taylorsville paramedics, and community health and rescue professionals. The booths also provided glucose and blood pressure testing, CPR, dietetic instruction, and survival strategies.

"[We wanted] to set up activities to prepare someone for a disaster with first aid information like splints, knowing what to have ready in case of an emergency for your car, a car kit, an emergency essentials kit for your home that has food to live off of," says Barbara Freeman, a student of osteopathic medicine and the other Pre-Medical Professionals Club Co-President.

"If you are hiking and miles from the trailhead, this will help them to climb back down," says Maitland Wiren, a ski patroller and Emergency Medical Technician for the UofU Emergency Room, as he points to a first aid bandage he ties on a student's arm. "Now that's something that took me about 30 seconds, but will provide great relief," he says.

Wiren demonstrates several types of wraps and splinting techniques, including a technologically advanced moldable splint, which easily forms to various body areas, such as limbs, to stabilize injuries

prior to reaching medical attention.

"I can't move, really," says Freeman, who plays a victim of multiple injuries being bandaged from head to toe for the first aid demonstration.

"We are trying to give people awareness in a disaster situation and to keep somebody out of pain. With just enough knowledge to do good in your community and help people in a time of need," says Wiren.

"I like SLCC, it's cool, and I like the professors, too," says Young. She has taken eight medical humanitarian trips since 2001 to assist orphans and others in third world countries and is currently securing hygiene donations for an upcoming trip.

Her goal is to become a physician and says the HSP is helping her reach her goal by expediting her studies and saving her over a third in educational costs.

"I'll be more than half way through biology, with the intention of going to med school," says Wiren. He has attended three years at HSP to take vital medical classes.

Freeman continues to study at the HSP in areas of physiology of the body, biology and organic chemistry, and hopes to take the National Dietician Examination soon.

For more information about the Health Science Program, visit [slcc.edu/hs](http://slcc.edu/hs)



Photo by Guadalupe Sandoval Rodriguez



Photo by Guadalupe Sandoval Rodriguez



Photo by Guadalupe Sandoval Rodriguez



Photo by Guadalupe Sandoval Rodriguez



Photo by Guadalupe Sandoval Rodriguez



Photo by Guadalupe Sandoval Rodriguez

Clockwise from top left: Young instructs on suture technique to a student at the Emergency Disaster Awareness and Health Fair at SLCC's Health Science Building at the Taylorsville Redwood Campus, Wiren demonstrates flexible split, Wiren wraps head wound of victim portrayed by Freeman, Young carefully covers eye gouge with paper cup and wraps it securely with bandage, Wiren places stabilizing brace on neck of Freeman, and Young provides directions to a student on the delicate art of suturing of pig skin.



# Health and Wellness teaches **how to cope** with student stress



Photo by Mike Funk



Photo by Christopher Montoya



Photo by Farley

## Christopher Montoya

Contributing Writer

SLCC is combating stress and depression with Health and Wellness Services. Stress is almost inevitable for most college students. However, a 2009 study conducted by the Associated Press and MTVU shows it is more prevalent than one might think.

According to the study, 85 percent of college students reported experiencing stress on a daily basis. With that number increasing five percent since 2008, it is no wonder mental health needs are a concern. It can be detrimental to relationships, health, and academic success. That's where SLCC's Health and Wellness Services comes in.

Health and Wellness Services offers a student health clinic, counseling services, massage services, and health promotion. The center staff includes licensed clinical social workers available for students. They bring a diverse background of training and experience to deal with different issues. Issues, such as depression and stress, alcohol and substance abuse, eating disorders and suicidal ideation, among

other concerns.

"I think it's really cool that SLCC has all these different types of counseling to help students," said TK Stokes. "Being a student can be really stressful, especially during finals." Along with individual counseling sessions, the center offers group counseling. Here students can meet with peers and talk about concerns contributing to depression, stress, and other issues.

Each Tuesday a stress management group counseling session is held at the Taylorsville Redwood Campus in the Student Center, at STC 035, from noon to 1 p.m. On Wednesdays, another group called "Hatching a New You" gathers there from 11 a.m. until noon. On Thursday a "Transition Group" is offered from 2 p.m. to 3 p.m.

Counseling sessions are just \$10 for students and \$25 for SLCC employees. A standard fee is

charged for appointments cancelled within 24 hours.

These counseling services help people learn how to handle and manage personal problems and situational issues. Participants can also learn strategies to cope with academic stress and develop self-awareness, personal responsibility, and skills for life-long living.

Health and Wellness Services also offers free one-hour massages to every enrolled student once per semester. Massage therapy can ease tension and stress, and strengthen the mind/body connection. It also promotes a positive self-image and prevents illness. Each successive massage is \$30.

For help and more information, visit Health and Wellness Services on the South City or Taylorsville Redwood Campuses, or call the Taylorsville Redwood Campus at 801-957-4268 or the South City Campus 801-957-3323. The Jordan Campus center is currently closed due to construction.



Photo by David Bell

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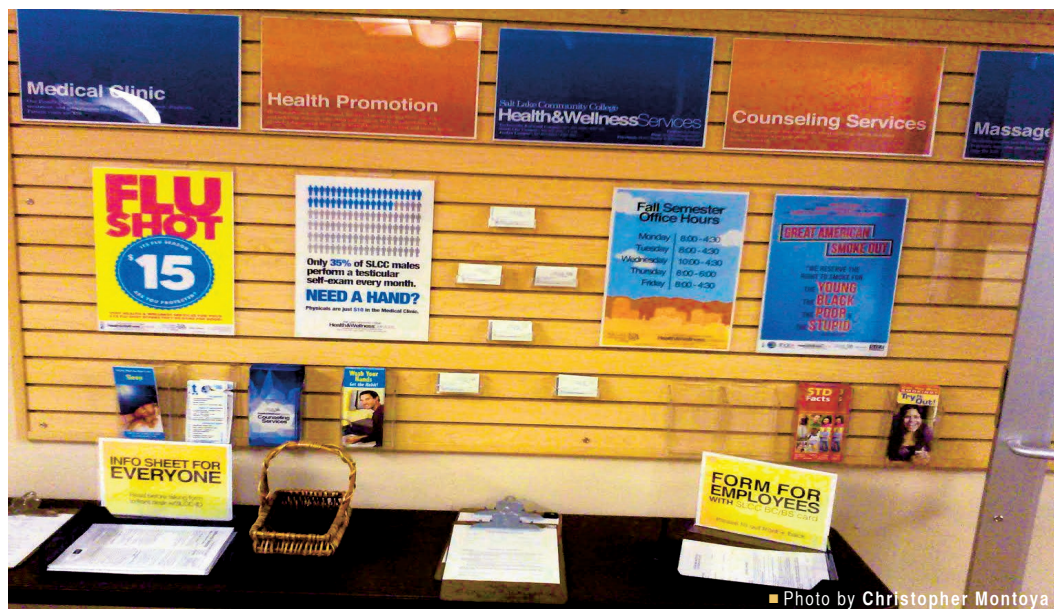


Photo by Christopher Montoya

Health and Wellness centers offer a variety of services including educational classes, shots, massages, sexual health information and group or individual counseling services.



# Learn the non-medical side of **childbirth** in one semester



■ Photo courtesy of Angie Rosier

Doula Angie Rosier poses with new mom Katie Boyd and her newborn.

## Guadalupe Sandval Rodriguez

Contributing Writer

Doula comes from the ancient Greek word meaning female slave. Thankfully the meaning has changed since then. It now stands for compassionate people helping mothers through their child-birthing journey. The classes have been filling up since it's been offered, thanks in part to its dynamic teachers, Kristi Ridd-Young and Kristy Huber. Both of these instructors are certified doulas.

SLCC offers a one-semester class aimed to facilitate, educate and inform about the childbirth process on the non-medical side. The course covers

pre and postpartum stages of pregnancy, labor and delivery. To those students who want to become a certified doula, the class covers the educational requirements for Dona International Certification. The class, HLTH 1300 Doula and Childbirth Preparation, is offered both fall and spring and semesters.

"[Doulas] are at the head-side and midwives are at the tail-end side. They don't do anything medial. They are there to help the mothers breath, help the mothers relax, make sure that when they need something from the doctor or nurse they get it," says Paula Nielson-

Williams, SLCC's Doula and Childbirth Education Program Coordinator. "Sometimes [post-partum doulas] will come and check in and see how the mom is doing, sometimes bathe the baby, or cut the fingernails, which is always hard with new babies, and to ensure mom is doing well in the post-partum period."

Some of the strategies learned in class, such as relaxation techniques, can also be used with teenagers and children, as they provide another benefit of taking the class. Some students take the class and proceed into their careers as midwives or nurses, while others get certified as doulas and begin working right away.

The class can be taken for credit or non-credit, according to your needs. Students may choose to

transfer earned credit elsewhere or just audit the class.

As more people discover SLCC's doula class, the class is expected to increase enrollment. However, the maximum class size is just 20 students. Those whom want a doula for their childbirth can contact the Utah Doula Association.

Nielson-Williams highly recommends the class to anybody wanting to learn about the childbirth process, especially students who are pregnant, planning to become pregnant, or interested in learning relaxation techniques. She recommends the class to students who have completed their prerequisites, as she believes it is a class that helps them when deciding to have children.

"It's a great class to take," says Nielson-Williams. Partners or husbands are enthusiastically encouraged to enroll, as it is beneficial for them, as well as the mothers-to-be.



■ Photo by Guadalupe Sandoval Rodriguez

Raquel Alfaro benefitted from Doula support.

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# Movember brings bros and sistas for **mens health** awareness



**Brook Bartlett**

Contributing Writer

Movember. Yes, you read that right. Movember is the global men's health charity where men grow mustaches during November.

Salt Lake Community College is the perfect place for the Movember movement. Whether you are a student, teacher, administrator, or alumni, Movember, the mustache, can unite everyone, whether big or small, and is sure to spark conversation on campus.

The idea is to have fun while raising money and awareness for men's health; specifically, prostate cancer, testicular cancer, and mental health problems. Once men sign up, they officially become a Mo Bro and are part of the official movement. Beginning Nov. 1, men are to be clean shaven to begin a month of participation by growing facial hair.

Women whom support men's health, known as Mo Sistas, are an important part of Movember's success. Mo Sistas can register, start a team, and fundraise, too. They can do everything Mo Bros do, without growing a Mo. Mo Sistas, are encouraged to support their men in this event, and, together, they aspire to change the face of men's health.

Don't Mo alone. There is strength in numbers, so students are encouraged to recruit others to their Movember team. Students may start conversations about important men's health issues or by working it into a class assignment.

The Mo Space is the fundraising headquarter. By using the 'Ask for donations' tools, one may generate customized Facebook posts, Tweets and emails to ask and encourage friends and family to donate to your hairy upper lip quest.

According to [us.movember.com](http://us.movember.com), the BMOC network shows how you, your team, and your school may stack up against other Mo colleges across the country.

Last year, over 19,000 Mo Bro and Mo Sistas raised over \$975,000 in the BMOC network, with awesome prizes for the top fundraisers. Students can contact Mo HQ at [us.movember.com](http://us.movember.com) and set up a campus-wide network to recruit their entire school. The Mo Space fundraising page has all the tools students need to get others involved.

If you would like to lead the Movember charge on your campus, please send an email to [info.us@movember.com](mailto:info.us@movember.com) with "BMOC" in the subject line and the name of your school. For more information or to get involved, visit [us.movember.com](http://us.movember.com)

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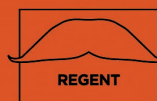
Image courtesy of Jomar Machado.

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\*healthcarebluebook.com \*\*In most plans the deductible is waived for any accident-related medical services received within 90 days of the accident. For costs and complete coverage details, including limitations and exclusions, visit [ArchesHealth.org](http://ArchesHealth.org).