

# THE GLOBE



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February 18, 2015 | Spring '15 | Issue 06

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# What's Hip, Hot, and Happenin' on Campus

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## Wednesday

# 18

### Journalists in Japan

**When:** 12 pm - 1:30 pm  
**Where:** Taylorsville Redwood Campus, TB 314

### Lion Dance Performance

**When:** 12 pm - 1 pm  
**Where:** South City Campus Forum

### Black Student Voices

**When:** 12 pm - 1 pm  
**Where:** STC Oak Room, Taylorsville Redwood Campus

### SLCC Baseball vs Colorado Northwestern CC

**When:** 1 pm - 3 pm  
**Where:** Cate Field, Jordan Campus

### Lunar New Year

**When:** 5 pm - 7 pm  
**Where:** HTC, Jordan Campus

### Show Me a Story: Digital Storytelling - Part 3

**When:** 6 pm - 8 pm  
**Where:** Community Writing Center - South City Campus

### SLCC Women's Basketball vs College of Southern Idaho

**When:** 6 pm  
**Where:** Bruin Arena, LAC Taylorville Redwood Campus

### SLCC Men's Basketball vs College of Southern Idaho

**When:** 6 pm  
**Where:** Bruin Arena, LAC Taylorville Redwood Campus

**For more information on these events, please visit**  
[www.globeslcc.com/calendar](http://www.globeslcc.com/calendar)

## Friday

# 20

### "Celebrating the Dream" Photo Booth and Essay Contest

**When:** All day  
**Where:** Taylorsville Redwood Campus, STC 236

### Film, TV and Video Internship Fair

**When:** 10 pm - 2 pm  
**Where:** South City Campus, Atrium

### Latino's In Action Club Meeting

**When:** 1 pm - 2:30 pm  
**Where:** Taylorsville Redwood Campus, Student Center Senate Chambers

### "Thoughts of Moonlight" - SLCC

**Chamber Singers**  
**When:** 7:30 pm  
**Where:** Miller Campus - Little Theatre

## Saturday

# 21

### SLCC Women's Basketball vs North Idaho College

**When:** 5 pm  
**Where:** Bruin Arena, LAC Taylorville Redwood Campus

### SLCC Women's Basketball vs North Idaho College

**When:** 7 pm  
**Where:** Bruin Arena, LAC Taylorville Redwood Campus

### SLCC Baseball vs Southern Idaho

**When:** 2 pm  
**Where:** Cate Field, Jordan Campus

## Thursday

# 19

### "Celebrating the Dream" Photo Booth and Essay Contest

**When:** All day  
**Where:** Taylorsville Redwood Campus, STC 236

## Student's Showcase Life @ SLCC'

### Be an Instagram Contest Winner Caitlyn Johnston "TV Production Class"

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.



Photo by Caitlyn Johnston

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14

*Days of Love Giveaway*

## Prize Winners - Week 2

1: 2 tix to Quick Wits Comedy Improv  
1 \$20 gift card to The Pie

Winner:  cattrinaa\_lv

2: 2 tix to Utah-ASU basketball 2/26  
\$10 credit to SLCC Food Services

Winner:  morriganhess

3: 2 tix to Midsummer Night's Dream  
1 \$20 gift card to The Pie

Winner:  @hirschikiss

4: 2 tix to Utah "Red Rocks" Gymnastics  
1 \$20 gift card to The Pie

Winner:  Ana Maria Durango Lovell

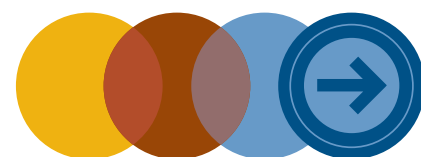
5: 2 tix to Midsummer Night's Dream  
1 dinner gift card to winner's choice

Winner:  caitybreann

## Congratulations!

Email [masscommcenter@slcc.edu](mailto:masscommcenter@slcc.edu)  
to arrange a prize pickup.

# NOW HIRING THE GLOBE STAFF WRITERS



## Salt Lake Community College WASHINGTON D.C. INTERNSHIPS

Looking for internships while you finish your degree?  
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Fall semester application deadline is **March 13, 2015**

[WWW.SLCC.EDU/DC-INTERNSHIPS](http://WWW.SLCC.EDU/DC-INTERNSHIPS)

### LUNCH & LEARN

February 25, 2015 at 12:00 PM  
Student Center 225

Join us for an information session on September 5 to  
learn more about SLCC's Washington D.C. Internship  
program. Hear from past interns and program  
advisors, and get all your internship questions  
answered—all with a great slice of pizza!



# February awareness of **heart health** for busy college students

Elysa Giles

Staff Writer

February is National Heart Month. All across America young and old celebrate love and remedy heartache with Valentine cookies, boxes of chocolates and copious amounts of red wine. While America has devoted an entire day to the Hallmark holiday, the actual maintenance and upkeep of heart health seems to confound us. According to the Center for Disease Control (CDC) cardio vascular disease is the number one killer of men and women in the United States.

College is a highly stressful time for most young adults and heart health is likely not a pressing concern. Young adulthood is a time when cardiovascular health can inadvertently take a beating. A lack of sleep, stress, a poor diet and binge drinking are all factors that can have negative and long-term consequences on the cardio vascular system.

“While young adults have generally healthy hearts, the “building blocks” of heart disease begins at this time,” says Dr. Curt Peterson, an anesthesiologist who worked on Primary Children’s Cardio Vascular surgical team.

College students are notorious for maintaining a less than clean bill of health. Heavy study loads require long hours that cut into vital sleep, strict budgets may limit students to less healthy choices at the grocery store. The Holy Grail of college student food; Ramen Noodles contain approximately 3.2 grams of saturated fat and 875 mg of sodium. Considering that no one older than 10 years old only eats half a pack of Ramen Noodles, we’re talking a whopping 6.4 grams



Photo by MC3 Laurie Dexter

**Heart health care starts at a young age visit a medical provider.**

of saturated fat and 1,750 mg of sodium; that’s 72 percent of your daily value of sodium.

Processed foods are easy to access, cheap and require little to no time to prepare, which of course makes them highly attractive to students. More and more science and customers are favoring real food over packaged “meals.” Yes, as you’ve probably heard, butter is healthier than margarine and sugar is preferable to artificial sweeteners.

The World Heart Federation explains that the biggest culprits of processed food are high levels of trans and saturated fats and startling high levels of sodium. Exercise is a crucially important factor in heart health, especially when eating healthy isn’t always a reality. Sedentary life styles and diets that are in high cholesterol are what lead to heart disease later on in life.

Another risk factor dominated by the college demographic is binge drinking. We’ve all heard that a glass of red wine can improve heart health, but prolonged nights of binge drinking will just about break your heart, quite literally. According to a study conducted by the Journal of American College of Cardiology, young people who binge drink are at much higher risk of developing cardio vascular disease later in life.

Binge drinking is defined by the National Institute on Alcohol Abuse and Alcoholism as a rise in blood alcohol to a percent of .08 grams or higher. This is

typically achieved after about five drinks for men and four drinks for women over a two hour duration. Binge drinking can cause a cardio reaction called endothelium dysfunction. Endothelium dysfunction causes damage to the function of blood vessels and can cause a range of problems including sleep apnea, hypertension, and get ready men, even erectile dysfunction. In general, drinking should be limited to one drink a day for women and two drinks a day for men to avoid cardio vascular damage.

Just like alcohol, recreational drug use can wreak havoc on your heart health. Cocaine, amphetamines and stimulants can cause anxiety, racing hearts and eventually heart failure. But a much less inconspicuous drug is making its way into student’s diets and routines on a daily basis; caffeine.

“Energy drinks contain a significant amount of cardiac stimulants that can cause heart arrhythmias if taken in excess. While such stimulant may improve performance, such benefits can be far outweighed by the risk they produce. All things in moderation,” says Dr. Peterson.

Small to moderate amounts of caffeine are usually perfectly safe and can have some health benefits. However, energy drinks packed with caffeine and chemicals can cause a problem.

“Start good heart healthy habits early in life. Have a heart healthy diet now to have a healthier heart later. Exercise, exercise, exercise,” says Dr. Peterson.

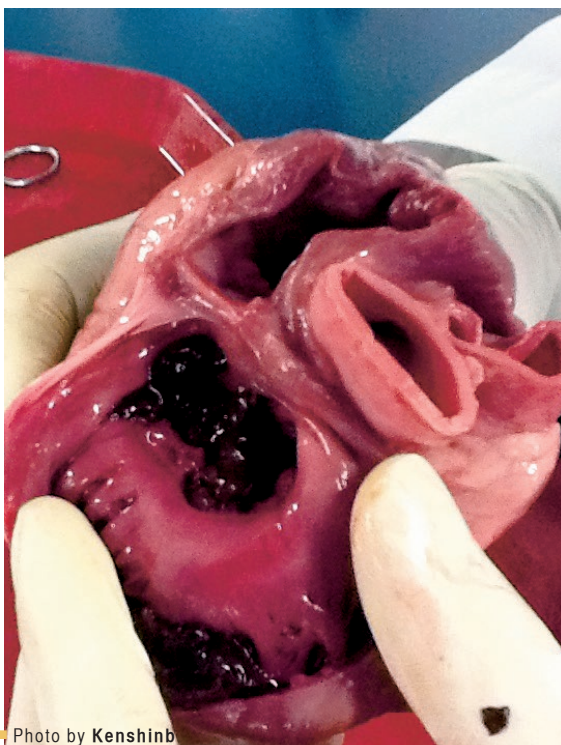


Photo by Kenshinb

**The heart valves of a real human heart.**





# GRAND PRIZE WINNER!

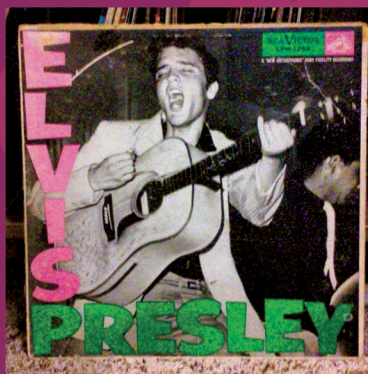
# 14

*Days of Love Giveaway*

## Amber Gentry

IG: MBER\_MARIE

Elvis will always be my true love. #mcc14days



## Congratulations to all of our prize winners!

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and join the  
conversation.

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# Operation: Underground Railroad

by:  
Sara Delgado



Utah Attorney General Sean Reyes visited SLCC South City Campus.



Operation Underground Railroad founder Tim Ballard holds one of over 200 children rescued in 2014.



SLCC radio DJ Damien Holmes discuss with Sean Reyes and Ed Smart about Operation Underground Railroad.



A human trafficking victim prior to being liberated during an O.U.R. "jump mission."



Utah Attorney General Sean Reyes and Ed Smart in radio studio at SLCC for program.

Utah Attorney General Sean Reyes along with Amber Alert activist, Ed Smart, recently were featured on the Radio SLCC to raise awareness about human trafficking victims and the non-profit organization, Operation Underground Railroad (O.U.R.).

Ed Smart is also the father of kidnap survivor, Elizabeth Smart.

Operation Underground Railroad works around the world with governments and local law enforcement to rescue victims of human trafficking. They help sustain shelters and provide recovery services to victims.

During their time on the air, Reyes spoke of his experience working with O.U.R. on a "jump mission" in Columbia last year. The organization partnered with local civilians to secretly fabricate the pretense that they wanted to invest in children to be used at a sex party. As it became clear that at least 30 children were being held by this illegal organization, O.U.R. and Columbian law enforcement had to carefully orchestrate this ruse to lure the traffickers and their victims to a specific location.

With the cooperation of Columbian police and civilians, the group staged an entire island, including wait staff, guests, decorations and alcohol, to look like a legitimate sex party.

When the kidnappers and children arrived, Reyes described that tensions mounted as the group waited for the perfect moment to break character and

force the criminals to surrender. Once all the players were on the designated marks, Columbian police swarmed the kidnappers at gunpoint while O.U.R. group members whisked the children away to safety.

Reyes recalled being heartbroken as many of the young children had a drug induced glaze in their eyes. None of the children knew what was happening when the raid started and as they were being evacuated from the scene.

As Reyes and Smart discussed, human trafficking is not something that only happens in other countries, it goes on right here in the United States as well. They say that today there are more than 30 million children slaves around the world.

Human trafficking is the second most profitable enterprise in the world behind drug trafficking. Victims come from all walks of life, regardless of age and nationality. They may be sold for sex, forced into the military, sold for adoption, or killed for their internal organs.

Since O.U.R. is a nonprofit organization, they rely on donations to fund these rescues. On average, the cost of one rescue operation is approximately \$20,000.

To learn how to help, Ed Smart suggests visiting [www.OURrescue.org](http://www.OURrescue.org). People may donate and become what is called an Abolitionist.

Smart also says the best way to spread the word about O.U.R. is to use the power of social media. It's free to do so, and it works.



# FMLA says that there is no room for **hatred** in feminism

**Jake Zaugg**

Contributing Writer

The Feminist Majority Leadership Alliance (FMLA) is a nationwide organization devoted to advancing the cause of women's rights, and SLCC is now home to its newest chapter.

Club president Ericha Schlehuber wants students to know that feminist isn't a bad word. She is aware of the many negative stereotypes surrounding the movement. To Schlehuber, feminism shouldn't be equated with misandry, or the dislike or hatred of men, but that in fact, misandry discounts feminism.

"There is no room for hatred in feminism," Schlehuber says. "Please stop perpetuating negativity, you're hurting the movement."

To many members of the movement, Schlehuber asserts, feminism is synonymous with egalitarianism, the belief that all humans are equal in fundamental worth.

The Feminist Majority, the group FMLA takes its name from, describes a goal in which a majority of society can be considered feminists, a truly equal civilization in which individuals are promoted based solely on merit.

This semester Schlehuber seeks to promote the injustice in society. The best way to do this is through education, and the best way to gain a quality, balanced, and truthful education on the topic of feminism, is to join the FMLA.

Find out what feminism means to men and woman alike. For women who don't feel like they have been given a fair shot because they were born girls or for men who are tired the being classified as violent, brutish thug, a warrior for the forces of misogyny then FMLA might be the right club to join. Never forget that the patriarchy has the power to oppress men as well as women, and give the FMLA a shot. You won't regret it.

Discover that the feminism movement is not about hating anyone. Come learn that the patriarchy will be dismantled by empathy and understanding, not by hate. If you wish to be empowered, if you wish to learn, if you wish to fight for equality, be a feminist.

For information about FMLA, or just to ask a question, email Ericha Schlehuber at [fmlaslcc@gmail.com](mailto:fmlaslcc@gmail.com).



Rosie the Riveter was the beginning of the rise of the feminist movement during World War II.

**“** Please stop perpetuating negativity, you're hurting the movement.”

**- Ericha Schlehuber**



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# Rate of **student refugees** dramatically increasing at SLCC

Elysa Giles

Staff Writer



■ Photo by Elysa Giles

■ Photo by Haeferl

SLCC student Sanaul HAQ.

Immigration Reform is a heated topic. With an increasing influx of refugees and immigrants, policy makers are struggling to agree on methods of handling the situation. President Obama's 2014 Immigration Reform proposal is aimed at keeping hardworking and productive immigrants and refugees in America, while focusing on deporting criminals and those abusing the system.

In 2013, the majority of refugees coming to the US were from Afghanistan. However, with the civil war in Syria displacing approximately seven million people, many of the refugees coming to the US today are Syrians. The US is currently home to about 2.5 million Syrian refugees, the 6.5 million remain largely on the Syrian border, trapped and facing a lack of resources, as well as a constant threat from extremist groups, namely ISIS.

"I got to the United States and started school within the first two weeks. I didn't even have my documents yet, but I knew I needed to start bettering my life right away," says Sanaul HAQ, a refugee from Kabul, Afghanistan.

Sanaul arrived in the United States in May of 2014. In a short period of time he moved between North Carolina, Michigan, Virginia and finally to Utah in September of 2014. Sanaul is currently taking general studies courses at Salt Lake Community College and is interested in pursuing an International Relations degree.

"It's difficult, I've been out of school for about eight years, so getting back into it isn't easy," says Sanaul. "I'm trying my best and trying to overcome every obstacle I can."

Difficult is a modest term considering Sanaul's story. At only 25 years old, he moved to a foreign country on his own, leaving his family and work, which is a dramatic transition. Sanaul works on

campus at SLCC and is employed by Walmart, all while attending school full time.

One of the most difficult parts of leaving Afghanistan for the US was the reality that Sanaul would also be leaving his credibility back home.

"It's hard. I worked some really highly respected jobs for years, worked with all different kinds of cultures, had a lot of responsibilities and learned different languages," says Sanaul. "Then I come to America and I have a hard time getting a job at Walmart."

Sanaul wants to eventually return to Afghanistan to advocate for people who have no access to resources or education, specifically, women.

"You know, to help the poorest people in the world, it's the greatest thing you can do with your education. If I can be a voice for those people who aren't able to do it themselves, that's what I want to do," says Sanaul.

SLCC offers multiple resources for refugees, including the Office for Diversity and Multicultural Affairs located at the Taylorsville Redwood campus in the Student Center, as well as the Refugee Club which Sanaul helps to manage.

"I've felt a lot of support from SLCC in the short time that I've been here. They helped me get my student accounts set up and helped me deal with all the new student paperwork," says Sanaul.

While Sanaul is transitioning to life in the US, he often notices a difference in attitude between himself and his American classmates.

"I do see a lot of students that don't appreciate how easy they have it. I've been in places where students have it pretty rough," says Sanaul. "They don't have access to the things students here [in the US] do. Ultimately every human being should be grateful for where they are and what they have."

Do you have  
a news tip or  
story idea?  
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news updates.



# Raising awareness: a priority for new **SLCC Athletics** Director

**Dillon Anderson**

Contributing Writer

In the quiet of a cool February afternoon, Kevin Dustin sat at his desk calculating, recalculating and recalculating. Tirelessly reviewing budget reports, he stopped only because he was finished.

For the 55 year-old Dustin, his playing days are only just getting started.

When longtime Salt Lake Community College Athletic Director Norma Karr retired last spring, the search for her replacement followed in short order. Among many candidates was Dustin, a Utah State University alum who once served as an associate athletic director at his alma mater, who to his own surprise, was picked as the successor to Karr.

“It’s very attractive and a great place to work,” Dustin says. “So like everybody else, I put my name in a hat, went through the interviewing process, and was fortunate enough to get the position.”

In his first year on the job, Dustin faces the daunting task of energizing a student body short on awareness. But while managing his own backyard may be the foremost priority, Dustin’s desired outreach won’t stop at the borders of SLCC.

Despite a competitive local sports market that includes the Utah Jazz,



■ Photo by Lindsay Daniels

Summer Yack saves the ball from going out of bounds at a game.



■ Photo by Sonia Sanchez

**From left to right: Danene Dustin, Kevin Dustin, Deneece Huftalin and Tanya Schmidt take the ALS Ice Bucket Challenge on Monday, August 25.**

University of Utah, BYU and others, increasing relevance within the wider marketplace remains a goal for Dustin.

“We’d love to be more visible in the community,” Dustin says. “We’d love more people to come to our games and realize what’s happening here. I think the rest of the valley would be shocked if they knew we had a Top 10 women’s basketball team here.”

In the latest release of NJCAA rankings, the women’s basketball team ranks sixth among the Top 25 teams nationally, while also leading the Scenic West Athletic Conference with an 11-1 conference record. To boot, they are currently in the middle of an 11 game winning-streak.

And yet, even with the recent success of the women’s basketball team, some in the athletic department feel that the squad isn’t receiving the acclaim they deserve.

Newly-hired Sports Information Director, Rachel Rowan was outspoken about her mission to create greater student pride and attendance, she views SLCC athletics as something of a hidden gem.

“Ultimately, what I want is for people to realize that not only do you have athletics here, but you have really good athletics here,” Rowan says. “The majority of our sports are within the Top 25 of the nation and a lot of people don’t realize that. I want to get us more visual; I want more students at the games.”

As it is, the efforts of any athletic department, at any level, come back to generating revenue—the lifeblood of collegiate sports. Save for a few outliers, the backbone of a sports program is only as strong as its resources.

In this way, “growing the brand” becomes a relative priority everywhere.

“We’d like to see increased external revenue because the costs of doing business are going up,” Dustin says. “The external revenue, and increasing that, is a priority.”



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