THE GLOBE SQ

STUDENT VOICES AND VIEWS FOR THE SLCC COMMUNITY



Clear the Air

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Journalism in Japan

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FEBRUARY 25, 2015 WWW.GLOBESLCC.COM

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

Wednesday

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

When: All day

Where: Taylorsville Redwood Campus,

STC 236

CAP Presents - Valerie Capers, Music Composer, Artist and

When: 12 pm - 1 pm

Where: South City Campus, Multipurpose

Truth in Tuition

When: 12:30 pm - 1:30 pm Where: All sites and streaming

Bruin Robotics Club

When: 3 pm - 4 pm

Where: Taylorsville Redwood Campus,

Grammarphobia: Easy Tips for Better Writing

When: 6 pm - 8 pm

Where: Community Writing Center, Library



SL&L Presents: Rainn Wilson and The SoulPancake Movement

When: 6:30 pm - 7:30 pm Where: LAC, Taylorsville Redwood

Campus

Thursday

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

When: All day

Where: Taylorsville Redwood Campus,

STC 236

Homeless Youth Forum

When: 8 am - 12:30 pm Where: The Leonardo: RSVP at

www.voaut.org/hvf

Black Student Union

When: 12 pm - 1 pm

Where: Taylorsville Redwood Campus STC

StrengthsQuest: Social Wellbeing

When: 3 pm - 4 pm

Where: STC Parlor B, Taylorsville

Redwood Campus

Friday

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

When: All day

Where: Taylorsville Redwood Campus,

SLCC Baseball vs USU Eastern

When: 12 pm - 1 pm

Where: Cate Field Jordan Campus

Phi Theta Kappa Honors In **Action Planning Meeting**

When: 12:30 pm - 2:30 pm Where: Jordan Campus, Cate Field

SLCC Softball vs Snow College

When: 1 pm - 3 pm

Where: Bruin Field, Taylorsville Redwood

Latino's In Action Club Meeting

When: 1 pm- 2:30 pm

Where: Taylorsville Redwood Campus,

Student Center Senate Chambers

In Celebration of MLK & the **Human Rights Movement: Concert with Artists in** Residence Valerie Capers & John Robinson

When: 6:30 pm - 8:30 pm

Where: Multipurpose Room, South City

Tuesday



Healing & Grief - Surviving college after loss

When: 1 pm- 2 pm

Where: Taylorsville Redwood Campus STC

Art and Media Film Series: Art **Connections and SciTech Now**

When: 6 pm - 7 pm

Where: Center for Arts and Media Screening Room, South City Campus

For more information on these events, please visit www.globeslcc.com/calendar



globeslcc.com

Student's Showcase Life @ SLCC'

Be an Instagram Contest Winner - Aaron Quintana "Technical Director"

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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facebook.com/masscommcenter



Cold War fear reminder still visible at South City Campus

Michael Segura

Contributing Writer

The Cold War ended some 25 years ago, but at Salt Lake Community College South City Campus, a small reminder of it still remains.

A small black and yellow sign indicating a fallout shelter can be found in the basement, still hangs in the east hallway on the first floor. Despite the sign, there really is no place for students and faculty to take cover from nuclear fallout.

"The space existed when the college took it (South High School) over in 1989, but it was repurposed shortly there after," says SLCC facilities manager Bob Lund, "And is now used as a commendation mechanical equipment area."

During the 1950s and 1960s fallout shelters were created in public buildings as the Federal Civil Defense Administration and citizens everywhere prepared for the unimaginable – an all out nuclear war and ensuing radioactive fallout. Workers at South High, which was built in 1931, likely converted the basement into a fallout shelter sometime after World War II. It is unknown to Lund how long the shelter was maintained after it was decommissioned. As is often the case with old shelters, and the threat of nuclear annihilation diminished, more fall out shelters were dismantled.

Utah was not left out of the Cold War. During the 1950s there were instances of fallout from nuclear testing in Nevada being blown into St. George and other parts of Southern Utah. A test called called

"Dirty Harry" resulted in dangerously high radiation level over St. George, according to the Utah Division of State History.

In Northern Utah it is likely that Hill Air Force Base and Dugway Proving Ground were primary targets for Soviet missiles.

South High School was far form the only facility to establish a fallout shelter. Old yellow and black signs telling of a nearby fallout shelter can still be seen throughout Salt Lake City and the older parts of the valley, indoors and out. From the Masonic temple in the Avenues, to the Utah Capitol building, and the YWCA on Broadway, the remnants of old shelters remain, according to the Salt Lake Tribune. Today, most civilian shelters are not still in use. So, if students find themselves at South Campus and see the flash, don't bother looking for a shelter in the old basement. It's just a bunch of equipment down there.



Idealized American fallout shelter circa 1957.



There is really no more fallout shelter at SLCC.

Take another class 2nd Half of Spring Semester

2nd Block Starts March 9.

Some Comm Gen. Ed. Classes Are:

Comm 1020 -- Daytime

26395 Comm. 1020 MW 9:00-11:50 a.m. Taylorsville Redwood Campus 26340 Comm. 1020 MW 12:00-2:50 p.m. Taylorsville Redwood Campus

Comm. 1010 -- Daytime

26341 Comm. 1010 MWF 1:00 - 2:50 p.m. Taylorsville Redwood Campus

Comm. 1010 -- Evenings

26355 Comm. 1010 TR 5:30 - 8:20 p.m. South City Campus 26396 Comm. 1010 TR 7:00 - 9:50 p.m. Taylorsville Redwood Campus









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Living In the Shadows: Undocumented Immigration in Utah

Jennifer Garcia

Three civic leaders recently shared the problems and some possible solutions for Utah's undocumented immigrants during a recent workshop at Salt Lake Community College's South City Campus.

Josie Valdez, vice chairwoman of the Utah Democratic Party; Luis Garza, executive director of Communidades Unidas; and Julie Stewart, sociology professor at Westminster College were asked questions regarding how undocumented status effects people who want to work and how undocumented workers contribute to the economy. Mark Bearnson, a political science student organized the event in partnership with Una Mano Amiga, a SLCC peer mentoring program.

Valdez gave a brief history of how undocumented workers have grown to such a large population in the United States. Through her work with former Salt Lake City Mayor Rocky Anderson she learned how many large corporations lobbied to make immigration a non-priority so they could build their workforce.

Garza, whose organization helps undocumented workers get healthcare, talked about how many stereotypes about undocumented workers are not true. One of the biggest myths is that immigrants come to the United States to get free healthcare and food stamps. The truth is that without the proper documentation an immigrant isn't getting food



Josie Valdez, Luis Garza, and Julie Stewart seen here speaking on undocumented immigration.

stamps or Medicaid, Garza says.

Stewart, through speaking with many students, has discovered that the students who aren't citizens have to work twice as hard as the students who are. That's why Utah's HB144, the federal Deferred Action for Childhood Arrivals (DACA), and Deferred Action for Parental Accountability (DAPA) are so important, she says.

DACA and DAPA are programs for youth who came to the United States as children. Under a directive from the secretary of The Department of Homeland Security, these parents and youth may be

granted a type of temporary permission to stay in the U.S. called "deferred action." HB144 is a Utah house bill, passed by the Legislature in 2002, allowing undocumented immigrants to pay in-state tuition to attend a state college or university.

The Utah bill and the recent expansion of the two federal programs by President Obama were created to help people who were brought here by parents, but worked hard for the good grades and are college ready. Unfortunately, they are not citizens so help like financial aid is not available to them, so college must be paid for out of pocket.



A discussion was held on the issues facing undocumented Immigrant communities in Utah.



(left to right) Josie Valdez, Luis Garza, and Julie Stewart came to SLCC South City campus.

Student fitness center planned for SLCC South City Campus

Ana Maria Durango

Staff Writer

Plans for a student fitness center at the Salt Lake Community College South City Campus are in the works to help promote physical activity and recreation to students at South City and the surrounding campuses.

The Life Activities Center (LAC) at the Taylors ville Redwood Campus is currently the only sports and fitness facility in the college. The new fitness center will be located at the South City Campus where the current playground and grass area are at next to the McDonalds. The playground will be relocated closer to the daycare. Although not set in stone, Justin Pennel SLCC Lifetime Activities Manager says that "The Bruin Strength & Conditioning Center" will most likely be the name of the new fitness center.

The new facility will meet a demand of the growing population at the South City Campus and other students in the downtown area who do not attendthe Redwood campus on a regular basis.

According to Pennel, the idea for a fitness center at the South City Campus was driven by student interest and the hope is to have it complete sometime in 2016.

"There was a demand from students to have recreational options at the South City Campus and the college has been trying its hardest to help meet the needs of the student," stated Pennel in an email.

With school, work and social life, students sometimes struggle to find a balance. Exercise plays an important role in staying healthy. Besides helping you stay fit, it also boosts your energy, and improves your mood. However, exercise is an essential activity that is often disregarded because of lack of time.

"Manage your time to take care of yourself. If you have to wake up earlier, or exercise as part of your lunch break, just do it. Starting now will make it easier to maintain as part of a lifestyle," stated Tatiana Burton, CHES, Health Promotion Program Manager at the SLCC Health and Wellness Center, in an email.

Now that there will be two SLCC Campus recreation facilities, students will be able to attend which ever facility is closer and most convenient for them. Any student, faculty, or staff with an active OneCard can access the facilities. The new fitness



Many weights are available in the weight room.



Spinning bicycles will be available at the new South City Campus Fitness Center opening soon.

center will also be free for students.

The new facility will have a fitness room with treadmills, stair climbers and ellipticals. It also has a strength room with weights, platforms, benches and a multi-purpose room for yoga, Zumba, etc. The major different between the two facilities is that the new one will not have a basketball/volleyball court, racquetball courts, or an indoor jogging track.

Lack of time is not the only reason, some people

Burton recommends exercise as social activity by doing it with a group of friends, for those who struggle to workout out alone.

"If you don't like to run, then walk, dance, etc. Just make sure it's something you like to do... it will make it easier," added Burton.

School can cause stress to your body and mind. SLCC students like Alexander Honing and Madelyn Hogan say that exercise plays a great part in their life

by helping them relax and cope with stress.

"It definitely destresses you, helps me concentrate on school more and it gives me a peace of mind to know that I am being active and stay physically healthy; it helps me stay mentally healthy and on point and ready to do homework and stav concentrated," says Honing who is studying Business, Marketing Entrepreneurship.

Marketing and Entrepreneurship.

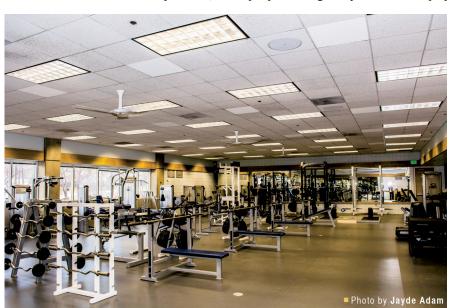
on have a sister center.

The photo by Jayde Adam Entrepreneurship.

"It just makes me feel good. Endorphins they say make you happy and it kind of gives me a break from school and keeps me energized throughout

For more information about the Life Activity Center at the Taylorsville Campus, visit www.slcc. edu/lac.

the day," says Hogan, who is studying nursing.



Weight room Taylorsville Redwood Campus will soon have a sister center.

don't exercise. Some people are not use to being physically active simply because they don't find it enjoyable. Physical activity does not always have to take place at the typical gym setting. You can join clubs that can involve exercise. SLCC has a Zumba club, a cycling club and a climbing club, just to name a few.

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Clean air continues to be imprtant issue for SLCC students

Vanessa Beatty

Contributing Writer



Protesters in Salt Lake City supporting clean air.



Many people show their support at rally for clean air at the Utah Capitol Building in Salt Lake City February 2015.



Whether you cough, wheeze, or choke, clean air is neccesary for life.



Yellow and red days mean limited burn days to help reduce pollutants and improve air quality.



Even dogs show support to breathe clean, fresh air, not pollution.

Senator Luz Escamilla is in good company with other lawmakers and citizens that want something to be done about the air pollution in Salt Lake City.

The top ten most polluted cities in the country often include SLC. Residents and lawmakers, including Sen. Escamilla, are very familiar with the inversion. To explain to a visitor what an inversion is, is to explain that SLC is encased in a valley with mountains all along the east and west bench. When cold air encroaches the valley, the warmer air creeps in from the mountains to form tight seal, trapping the cold air underneath. Cold air isn't the only thing trapped. Emissions from the oil refinery as well as car and other exhaust have nowhere to escape. The pollution ends up being trapped under the warm air pressure, along with the cold air.

The Utah Legislature is going to hear a resolution by Sen. Escamilla SB0208 which, if passed into law, would be a proactive step if the fight to chip away at the causes of such an aggressive inversion. The bill says that a violation of the Utah Air Conservation Act would constitute a civil penalty of up to \$37,000. Currently the maximum penalty for a violation is \$10,000. The proposed fine increase is to discourage residents from doing things that are especially bad



Wearing masks to filter out pollution at the clean air rally in SLC.



Smog is sceen from the Great Salt Lake on a bad inversion day.

for the air quality on red flag days. Some of these things include lit fireplaces, burning garbage and burning compost or weeds.

According to the University of Utah Health Center, the air quality effects can be cause lung damage, cancers, and other serious health problems.

At Salt Lake Community College, students talk about other solutions to help the air quality. "Carpooling could help or taking public transit," SLCC student Garrett Abel says, "SLCC could start moving over to renewable energy."

Students have been using the B-Line bus instead of their cars for years. Not only does this save money for cash strapped students, but it is also very environment friendly.

As of yet, there is no renewable energy source on any SLCC campus.

SLCC does have a degree program in which a student can major in Energy Management. Along with an on campus training yard, Energy Management students can get real hands on experience while working towards their graduation goals. As future lawmakers and taxpayers for the community, it's up to SLCC students to own the clean energy movement and ensure clean air for the community in the long run.



Masses of protesters demonstrate for clean air at the Utah Capitol.

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Midterm stress relief tips that won't leave you out of breath

Randy Harward

Staff Writer

Midterms. Nothing short of finals or a new Nikki Minaj album instills as much anticipatory dread. All three of these things should be accompanied by an incorporeal chorus of children, like every horror movie worth its salt. With dread comes stress and with that comes a kinked neck, knotty back and an upper and lower jaw seeking to grind each other into dust. All while our instructors keep reminding us that midterms are coming and, just to make it sting more, that we should be well into our final projects.

Well, at least one Salt Lake Community College instructor is looking out for the bodies of the student body. Lin Ostler has 43 years of experience teaching yoga, and more than half of that was right here at SLCC. To help combat midterm anxiety, Ostler suggests pranayama breathing, a yogic discipline in which breathing techniques are used to clear the mind and relax.

Ostler learned pranayama soon after taking up yoga while studying at a Sivananda ashram. She has good news for SLCC students who are acutely mindful of imminent midterms. One particular pranayama breathing technique, ujjayi (ooj-eye-ee), is easy to pick up – and can be practiced anywhere.

"Ujjayi is called 'victorious breath' for a reason," Ostler says. "It's remarkable because it's so consistent – you can count on it. The moment you begin to practice, it yields [benefits]."

Here are all the steps you need to get started:

Be Here Now

You don't have to be on a yoga cushion in a

Photo by Jesus Bonilla

studio or a quiet corner of your home to practice ujjayi. You don't even have to close your eyes. Those things certainly help, but the benefits come from focusing on the breath. So wherever you are – the library, computer lab, the bus stop, even your car (hopefully with your eyes still open), just do it.

You Have Time

Not only are the benefits of ujjayi breathing instantaneous, a good session can last only five minutes. In fact, Ostler recommends that new practitioners only do ujjayi for five minutes because "constricting your trachea can get tiresome."

Say "Ah"

Now to the actual breathing. There are different ways to approach ujjayi. Some use a three-part inhalation technique. Some breathe deeply in through the nose and out through the mouth or in and out through one or the other. Others say the breaths should sound like that chronic mouthbreather, Darth Vader. Others, not so much.

"I always say it's like whispering 'ah' [as though] fogging a mirror or glasses," says Ostler. "Then closing your mouth and continuing the sound with your lips together, like you're blowing through a straw." What they all agree on is to focus on the breath. The way it fills, or leaves, your lungs and the sound it makes. But try not to be so loud that you disturb others.

Don't Half-Lung It

Many of us suck in our stomachs when we breathe. In reality, our chest and gut should be what expands with each intake.

"We only use the very top of our lungs," says Ostler. "Bring the breath into the whole lung – the



Yoga breathing can be used outside of class.

middle, bottom and the sides."

Repeat, Repeat

With built-in instant gratification, ujjayi isn't like practicing a musical instrument or sticking to a diet. So it's not hard to keep it up. "And the longer you practice, you become more engaged in the world, more mindful, less involved in your thoughts," says Ostler.

So did you give it a shot? Are you feeling focused and mindful? Good, now go study. Midterms are still happening!



Man practicing Pranayam yoga breathing.

Deep breathing is very important to meditation and reducing stress levels of school work and exams

Support for students with diabetes

Bryan Baucom

Contributing Writer

More than 235,000 Utahans are living with diabetes. Someone is diagnosed with diabetes every 17 seconds. By 2050, one in three Americans will be living with the disease.

With these alarming statistics the chances are good that many Salt Lake Community College students know someone, or have a class with someone living with diabetes.

"I think it's important for everyone to know what diabetes is, especially at the rate it's growing," SLCC student Kaysen Newman says, "Just know the symptoms and how it works [and] that this disease won't hold you back. You can be a victim but people have much worse things to deal with."

Type 1 and Type 2 diabetes are two very different diseases. Type 1 generally affects the younger population. It's even sometimes referred to as juvenile diabetes. It requires a lot of time, energy, motivation, and money to manage. When someone's blood glucose numbers are too low, several problems can occur such as dizziness, anxiety, headaches, seizures and more. High blood sugar symptoms include dehydration and various other uncomfortable symptoms. To learn more, go to the American Diabetes Association website at diabetes.org.

"The hardest part is the learning curve I have to deal with if my glucose levels aren't right on. If not corrected quickly, a higher glucose makes me feel foggy and I don't feel like I am taking the test to my full capacity," Newman, who has been living with Type 1 diabetes for 12 years, says.

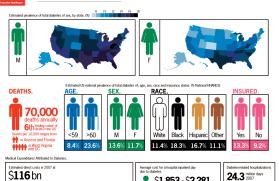
The Disability Resource Center (DRC), located at Taylorsville Redwood Campus, can offer support and nutrition for any student with low blood sugar. Students can also visit the Food Pantry for a sugary snack or drink to increase their blood glucose.

Students with diabetes should always be allowed to manage their disease on campus. If a diabetic feels any discrimination, he/she can contact the American Diabetes Association's Safe-At-School program. This program makes sure that from kindergarten to college, diabetic students from are being allowed to take care of themselves in the classroom.



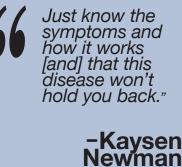
Diabetes in the US

Courtesy of GDS Infographics Blood test for diabetic sugar levels.



\$1,853 - \$2,281







Home diabetic testing kit with monitor and testing strips.



Salt Lake Community College

WASHINGTON D.C. INTERNSHIPS

Looking for internships while you finish your degree? Consider applying to a Washington D.C. internship in 2015 through Salt Lake Community College.

SLCC is currently accepting applications to their internship program for Fall semester in 2015.

Whether you have passion for politics, or love history, Washington D.C. has many opportunities for internships that students can explore.

Fall semester application deadline is March 13, 2015

WWW.SLCC.EDU/DC-INTERNSHIPS

LUNCH & LEARN

March 5, 2015 at 1:00 PM **Student Center 236A**

Join us for an information session on March 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!

Faculty exchange brings journalism professor from Japan

Heidi Bledsoe

Contributing Writer

A visiting journalism professor from Japan says that practicing journalism in his home country is a hard and demanding career.

Kazuya Kasahara, a journalist and full-time lecturer from Shitennoji University in Osaka, Japan, spoke at the Taylorsville Redwood Campus as part of the Salt Lake Community College's faculty exchange program.

"To understand Japanese journalism is to understand Japanese culture," Kasahara says.

He delivered two lectures about Japanese work culture and journalism. Kasahara holds a master's degree in political science and a bachelor's degree in journalism. Before going into education he was a staff writer at a prominent newspaper in Japan.

"The positive aspect of Japan's strong work ethic is that it enhances company loyalty and solidarity among employees, but it also leads to stratification and politics, usually determined by age and time with the company," Kasahara says. "In Japan journalism is one of the hardest career choices. In all jobs there is a need for a good life balance."

He says that the two main traits of employees in Japan are loyalty and long work hours. Employers gain loyalty from employees by offering lifetime employment, often hiring students up to a year before they even graduate and stay through retirement. He showed a picture from his own hiring ceremony in 2003 when he and 43 others were hired by the newspaper. He said 38 of his 'co-hires' were still there.

He is one of the few to leave, because he was ordered to write about economics when he was more interested and qualified in covering politics and government. Also, his wife gave him an ultimatum; either continue working long work hours, or be married, he could not have both.

Kasahara says that Japan is still a very traditional biased but society has forced men to accept more women into the workforce.

The biggest difference is between the U.S. and Japan is "the government. In Japan the government must read everything before it can be printed."

In 1945 Japan was at its lowest and citizens were forced to plant potatoes in the front lawn of the majestic Tokyo Diet, the branch of government similar to the U.S. Congress. Tokyo today is a beautiful, modern and prosperous place.

"Japan has been able to come so far because of the countries strong work ethic," Kasahara says.



Arial view of modern day Tokyo, Japan, around the "Diet Building" shows change since 1945.

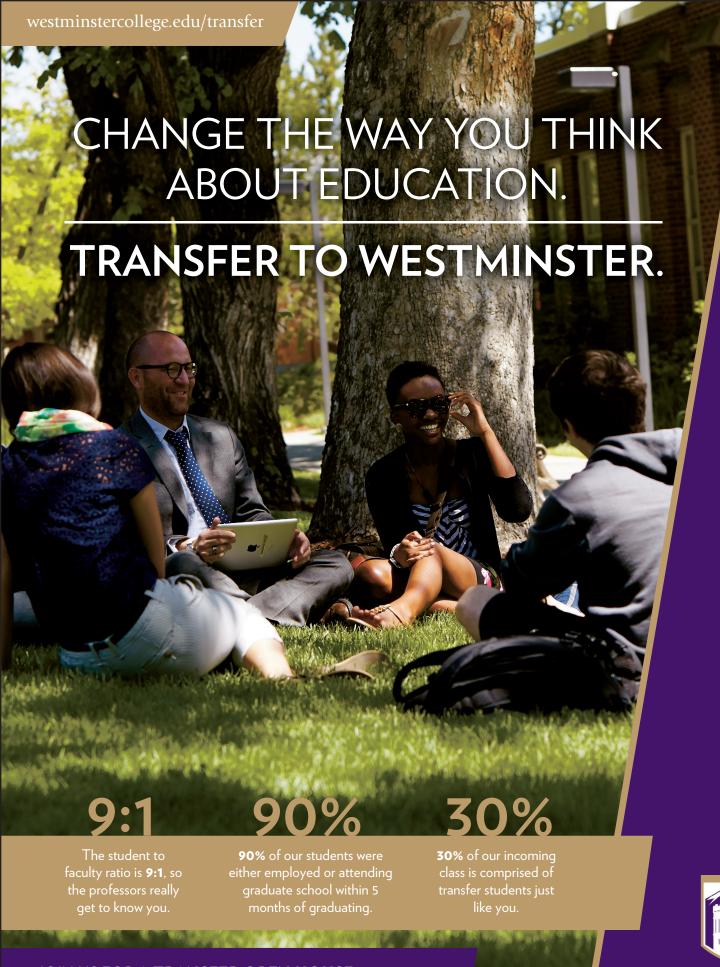


Professor Kasahara visiting SLCC from Japan.



Planting outside the "Diet Building," Tokyo 1945

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