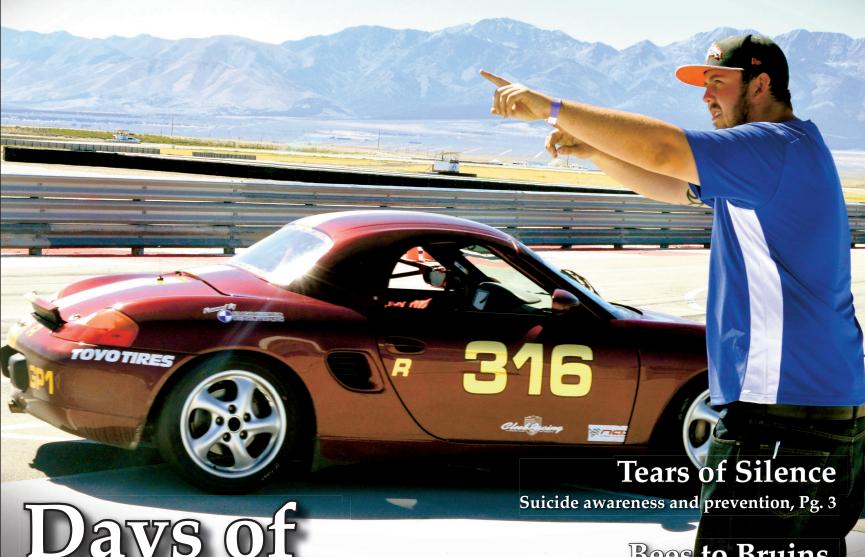
# THE

STUDENT VOICES AND VIEWS FOR THE SLCC COMMUNITY



# Days of Thunder

Students at Porsche Race Days, Pg. 6

# Bees to Bruins

Bruin baseball's new coach, Pg. 8

## **Comic Con**

View photos online at globeslcc.com

2 - THE GLOBE

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

### Wednesday

### FRIENDS of Great Salt Lake 2015 Alfred Lambourne Prize

When: 7:00 am - 10:00 pm Where: SCC: Eccles Art Gallery

### Transfer Days

When: 9:00 am - 1:00 pm

Where: TRC: Student Events Hallway

### Xbox Wednesdays

When: 11:00 am - 2:00 pm Where: SCC: Room 2-070

### Bruin Talks presents Dr. William

A. Smith PhD

When: 12:00 pm - 1:00 pm Where: TRC: AAB 235 Hispanic/Latino Club

### When: 1:00 pm - 2:30 pm Where: TRC: Senate Chambers

### American Indian Student Leadership

When: 1:00 pm - 2:00 pm

Where: TRC: Student Center Rm 207

### Equality Involvement Club Meeting

When: 4:00 pm - 6:00 pm

Where: TRC: Student Center Parlor B

### Thursday

### FRIENDS of Great Salt Lake 2015 Alfred Lambourne Prize

When: 7:00 am - 10:00 pm Where: SCC: Eccles Art Gallery

# **Black Student Union Club**

When: 12:00 pm - 1:00 pm Where: TRC: Student Center Rm 221

### **Managing Test Anxiety**

When: 3:00 pm - 5:00 pm Where: TRC: Student Center Rm 225

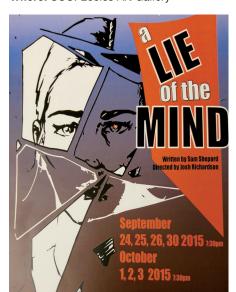
### "Lie of the Mind" at the Black

When: 7:30 pm - 9:30 pm Where: SCC: Black Box Theatre

### Friday

**FRIENDS of Great Salt Lake** 

2015 Alfred Lambourne Prize When: 7:00 am - 10:00 pm Where: SCC: Eccles Art Gallery



### Transfer Days

When: 9:00 am - 1:00 pm

Where: TRC: Student Events Hallway

### Saturday

### "Lie of the Mind" at the Black

When: 7:30 pm - 9:30 pm Where: SCC: Black Box Theatre

### Monday

5

### **FRIENDS of Great Salt Lake** 2015 Alfred Lambourne Prize

When: 7:00 am - 10:00 pm Where: SCC: Eccles Art Gallery

### **Board Game Mondays**

When: 11:00 am - 2:00 pm Where: SCC: Rm 2-070

### **SLCC Woodwind Faculty Recital**

When: 7:30 pm - 10:00 pm Where: SCM: Atrium

### **Tuesday**

h

### **FRIENDS of Great Salt Lake** 2015 Alfred Lambourne Prize

When: 7:00 am - 10:00 pm Where: SCC: Eccles Art Gallery

### **Pacific Unity Association**

When: 1:00 pm - 2:00 pm

Where: TRC: Student Center Parlor B

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



globeslcc.com

### Student's Showcase Life @ SLCC

**Be an Instagram Contest Winner** "May the Force be with you" @South City Campus

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.

- 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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# The Globe

### **EDITOR-IN-CHIEF**

Kachina Choate kachina.choate@slcc.edu

### ASSISTANT EDITORS

Marc Hanson Matthew A. Smith Jacob Zaugg

### **ONLINE EDITOR** globe@slcc.edu

**COPY EDITOR** Faith Lord

### STAFF WRITERS

Tamara Brune-Wharton Rachelle Fernandez Randy Harward

### **PHOTOGRAPHERS**

Ashley Frias Mike Latimer Guadalupe Sandoval Rodriguez

### LAYOUT DESIGNER

**Brad Bennion** 

### GRAPHIC DESIGNER

globe@slcc.edu

### **CARTOONIST**

globe@slcc.edu

### **ADVISOR**

Matt Merkel matt.merkel@slcc.edu

### **ADVERTISING**

Paul Kennard 801-581-7751 p.kennard@chronicle.utah.edu

### **COVER PHOTO**

Stacey Hill-Coates

### Location

Center for Arts and Media Room 1-054 1575 S. State Street Salt Lake City, Utah 84115 Phone: 801-957-3066 Email: globe@slcc.edu The Globe Online www.globeslcc.com

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# Suicide awareness and prevention month wrap up at SLCC

### Caitlyn Johnston

Contributing Writer

Many people are affected by suicide in the community and on SLCC campus. The month of September is National Suicide Prevention Awareness month which is dedicated to promote resources and awareness with this issue.

SLCC Health and Wellness offers counseling for anyone enrolled at SLCC that may be struggling with thoughts of suicide.

"We've got walk in counseling and if you are in crisis you will be seen immediately," says Scott Kadera Manager of Counseling Services. "We will clear our schedules to make sure we can see them."

Suicidal thoughts are something many college students in particular think about. Kadera explains that a good percentage of the students that come in for counseling have some sort of suicidal thoughts.

"There is a trend in college mental health that more and more students are seeking services, and they tend to have more serious mental health issues," says

According to the National College Health Assessment in Spring 2015, 10.1% of SLCC students seriously considered suicide within the last 12 months. 1.6% of students actually attempted suicide.



"There is still a stigma about mental health for lots of different reasons I think. People still think that it is kind of a weakness, or if I tell somebody they are not going to think as highly of me," says Kadera. "It is getting better, but there is still a lot of room for improvement."

Suicide Prevention Awareness month is making it a point for people to become aware of the issues of suicide that surround them. Thoughts of suicide are not uncommon and it is an important issue that is not often talked about.

"We are trained to ask if you feeling suicidal or are having thoughts of killing yourself. We don't beat around the bush," says Kadera. "It is not going

to put the thought in someone's head, in fact, if they are thinking about suicide, they are probably going to experience relief because here is someone willing to talk about it. By talking about it openly, you make it less likely to happen."

SLCC also provides a Suicide Prevention Protocol. This protocol is designed



Thoughts of suicide are not uncommon, but talking about the issue helps.

to give direction to the members of the college in order to help with suicide prevention. Many important details are provided through the protocol, including a list of warning signs to look out for.

"Someone isolating themselves or if they appear withdrawn, kind of erratic behavior, just something out of the normal that sends a message that this person is having a difficult time," says Kadera.

In contrast to having thoughts of suicide, if someone were to experience a loss due to suicide, it can be a difficult thing to deal with and people affected by this are actually put at risk of becoming suicidal.

"That kind of a loss can just be really difficult and sometimes that is a risk factor actually, having somebody close to you commit suicide can actually increase your risks especially if it's like a role model or parent," says Kadera. "I mean any kind of loss like that, we would want to see somebody."

Even though suicide prevention awareness month is coming to an end, help with mental health does not stop at SLCC. There will be depression screenings next month on national depression screening day, which is Thursday October 8th, 2015. This will be held from 10 am-1 pm in the Student Event Center.

"I would encourage somebody if they are having thoughts of suicide to just come in and talk to somebody. There is no shame in it, it doesn't mean you are weak or defective, you are just human," says Kadera.

If someone were in need of help, there is a 24-hour crisis line in the community that is ran out of the University of Utah. This number is 801-587-3000. Also accessible by this number, is a mobile crisis outreach team that will come out and assess and perform an intervention if needed.

www.globesicc.com

# SLCC English teacher brings home prestigious poetry award

### Jenny Guzman

Contributing Writer



Lisa Bickmore, winner of poetry award.

This past April, Salt Lake Community College English professor Lisa Bickmore received the Ballymaloe International Poetry Prize for her poetry submission "Eidolon." Roughly 2,000 poets submitted over 3,000 entries, with the grand prize being the winners' poem published within The Moth, an Irish literary and arts magazine, along with a ten thousand euro cash prize.

Bickmore has been regularly submitting her poems to literary journals seeking an audience for her writing, and upon hearing about the Ballymaloe contest, which is under the sponsorship of The Moth, she submitted two of her original poems.

In March, Bickmore received news via email from the editor-in-chief of The Moth, revealing that one of her poems, "Eidolon", was on the shortlist for the contest, along with three other individuals out of the 3,000 submissions. At this point Bickmore had already won a cool thousand Euro prize, as she was on the shortlist.

"One way or another," says Bickmore, "I knew I was going to have money out of this contest, which just blew my mind."

Bickmore made the decision to head to Dublin, Ireland with pare her husband by her side.

"I'm probably not going to be on the shortlist for an international poetry prize that many times in my life," says Bickmore.

Shortlist winners were not informed of whom the overall winner would be, and would find out the night of the announcement. The ceremony was held in The Irish Writers Center, located within historic Parnell Square in Dublin. What surprised Bickmore was how many people attended this event, many of whom lived in the city, and were not associated with the poets themselves. The poets were to take the stage and read their poems out loud, followed by the announcement of the grand prize winner.

"I felt like a teeny tiny aneurism popped in my brain," says Bickmore when she was named the

BALLYMALOE INTERNATIONAL POETRY PP

Dublin, Ireland with Darina Allen, Matt Hohner, Jude Natter, Lisa Bickmore and Kathryn Simmonds.

winner. "It blew my mind. I truly didn't expect that I would win."

Bickmore also won a prize from Denver's Elixir Press, in the summer of 2014, which resulted in the release of her book, which is being published on January 1, 2016. This, along with the Balymaloe win, she says that there are some other opportunities opening up for her as a writer and poet.

"For me, the most important thing is feeling a greater sense of confidence in my work," says Bickmore.

Bickmore has been teaching within the English Department at Salt Lake Community College since 1992, and teaches English 2010, Creative Writing courses such as Intro to Poetry, and the Publication Studies class, taught for the first time in Spring Semester 2016.

# EXCERPT FROM AWARD WINNING POEM EIDOLON BY LISA BICKMORE

The pop of the disconnect I feel as a point in space: what were the words he said, my son, in the language he's learning? The ghost of his silence,

even that will not be there when the dial tone finishes, after he's asked the question I could not bring myself

to answer: are you willing? words that echo here in the American dark: I take my stick, write in the dirt in a language only I speak,

which I refuse to explain. If he were here, I would show him: I collect photographs of altars though I kneel at none.

The church on the corner hides an empty nave where the icon should go. If I could unpaint it, scrape the plaster down to the bare frame, just the idea

of an altar, I would worship there. But I cannot say no, either, willing and unwilling, neither here nor there,

this nor that. At a mass for a friend's son, the priest said, a bereavement like this, we never get over. I wonder, how will she ever again hold a book, thread a needle?

Walk, or even sleep. Unlearn her need for his presence, his voice occasionally on the phone, his seat at the table.

But he is not there. To put off grief, I leave, a weightlessness in the empty house fails to stay me: to the crook of the finger on the Cape, where under

a brilliant sky the sea and wind spelled uproar into my ear.

To Dublin, where we stopped at every painted door –

# SLCC automotive program provides affordable vehicle repair

Ashley D. Baker

Contributing Writer

Located at the Miller Campus in Sandy, enrollees of the automotive training program are all set to repair your car at an affordable rate.

"We are not here to make money or compete with outside businesses. We are really here to provide a valuable educational experience for our students," says Paul Felt, SLCC's auto shop technician.

As with all automotive repairs, the cost of mechanical work provided by the undergrads varies from job to job. In years past, customers were billed at an hourly rate. These days, there is a \$25 shop fee and clients are only charged 15% above cost for parts purchased by SLCC. Car parts are on site and also on consignment from Napa Auto Parts.

In an effort to help ensure quality work, students operate directly under instructor supervision while diagnosing and making repairs to vehicles, since pupils in the program are not yet certified.

The auto technology used at SLCC's automotive shop is similar to what you would find at any mechanic's garage. Due to liability and the types of computer software SLCC has invested in, there are some conditions that cannot be serviced, such as major engine work, and certain vehicle models that cannot be operated on by students. Vehicles manufactured from 2003 to present are preferred, because



The SLCC Miller campus is home to the automotive training program



Students provide services such as basic maintenance and repairs.

they permit auto technician hopefuls to practice with modern-day training equipment although there are some cases where older cars may be accepted.

Student provided services cover basic maintenance and repairs, such as inspections and service, oil and filter changes, engine and emission controls, tuneups and check engine lights, suspension issues like front-end inspections, shocks, struts and alignments, basic engine issues, timing belts, cooling system diagnosis, water pumps, motor mounts, TPMS problems, air conditioning recharge service, diagnosis, simple repairs, manual transmission repair, clutches, basic electrical issues, battery service, charging system testing, starter system testing, lighting and accessories.

Students will run diagnostic tests to determine whether or not they are able to fix your vehicle. If not, a staff member will notify you and you can take your car to a shop that has the capability. If you allow your vehicle to be worked on by the automotive students, plan on signing a waiver and leaving your automobile for a week minimum. Repairs can take some time because auto classes are in session for two hours a day which means work is only able to be completed in that duration.

If you are interested in setting up an appointment or for more information, contact Paul Felt at 801-957-5346, or email at paul.felt@slcc.edu. Shop hours are Monday through Friday from 7:30 AM to 1:00 PM.



"Be Prepared" CERT is part of #lifeatslcc @masscommcenter at #Miller

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In the caption of your photo include @masscommcenter #lifeatslcc and hashtag of your campus(#SouthCity, #TaylorsvilleRedwood etc.) or email contest.globe@slcc.edu

THE GLOBE - 7 6 - THE GLOBE **SEPTEMBER 30, 2015** WWW.GLOBESLCC.COM WWW.FACEBOOK.COM/MASSCOMMCENTER

# Students participate in Porsche Days at Miller Motorsports Park



### Cars ready for one last lap around Miller Sports Park.

### **Stacey Hill-Coates**

### Contributing Writer

Porsches, BMWs, Scions, Vipers, and a couple of Subarus pulled into the parking lot of the Miller MotorSports Park in Tooele at 7am Friday, September 18. The volunteering Automotive Technician students from Salt Lake Community College approached each driver to verify that the car met the standards needed to participate in the Intermountain Region Porsche Club of America (IRPCA) event. The Porsche Race Days spanned from 7 a.m. September 18th to 5 p.m. September 20th.

SLCC was recommended to Diane Johnstone, the volunteer coordinator for the IRPCA, to assist during the race events. Johnstone and a colleague toured the automotive program and asked the students if they were interested in helping out. SLCC has been invited to this event for two years now.

"Working on a team or at a track is now an option to be considered for my future," says SLCC student

During lunchtime, everyone attending was given the opportunity to drive his or her cars on the track. Becker learned that being behind the wheel is not as easy as it looks.

"I chose the SLCC Automotive Program because it is close and has a good reputation," says Ricky Callahan automotive technician student. "Porsche Race Days changed what I want to do by seeing all these race teams. It has opened possibilities for my career."

Darren Law, the Program Manager of Flying Lizard Motorsports, based in Sonoma, California, emphasizes the importance of having some automotive experience, especially a degree, prior to joining a race team.

"Contact the teams. Let them know your background. You'll have to start at the bottom level and there's always an opportunity to move up," says Law.

Students left a good impression on PCA workers. The auto tech students were helpful, gracious, and impressed the workers, drivers, and fellow volunteers.

The automotive program is open for any who want to work on cars, motorcycles or other motorized vehicles. "Just do it! Classes are really fun-not like your basic, boring, hard classes. You're in class for about an hour and a half and the rest of the time you're in the shop with hands-on work," says Callahan.



8 - THE GLOBE WWW.GLOBESLCC.COM **SEPTEMBER 30, 2015** 

# Athletic program welcomes former Bees pitcher as new coach

### Jennifer Gardiner

Contributing Writer



Assistant Coach Jeremy Berg.

Bruins baseball head coach David Nelson has two words that he teaches to both parents and students in order to make it through both a baseball career and everyday life.

"Get better," says Nelson. "If a player is upset or does not like certain things, the best lesson we can teach ourselves and our kids is to strive to get better."

This philosophy may have influenced Nelson's decision to hire Jeremy Berg, who in 2014 had just finished his professional career as a player with the Salt Lake Bees, and Los Angeles Angels.

"From rookie to majors, everyone knew Berg was the right one to recruit to help with sidearm pitching," says Nelson.

Berg is well known for his submarine style of

pitching, a method where the pitcher releases the ball underhand, instead of the traditional style of overhead pitching.

"It just felt like the right way to throw the ball and was the most comfortable for me," says Berg.

Berg faced opposition to his style when he played at Cal-State Northridge just after high school. The coach wanted to change his pitching to a more traditional throw. Berg feels he left the experience a better person.

"They taught me a lot about pitching. It was not wasted experience,"

said Berg. "I was forced as a young man to reinvent

That lesson is one of the many things he brings to the table as an asset to the Bruins baseball program. but also knowing that changing the way players have already developed is not always the answer.

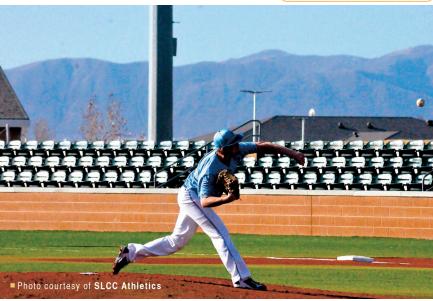
"Working with their techniques and their delivery of their style tends to have a lot more success than changing their style entirely," says Berg.

Berg also feels that athletes that play multiple sports make for a more well rounded athlete.

"When we learn different movements, we teach our bodies how to develop athletically in different ways, and that allows us to become stronger, more solid overall athletes," says Berg.

Academics are a priority in the development of SLCC baseball players. The coaches want their players to be well rounded not just an athlete, but as a scholar.

"We are a stepping stone to the next level for many of our players," says Nelson. "We focus a lot



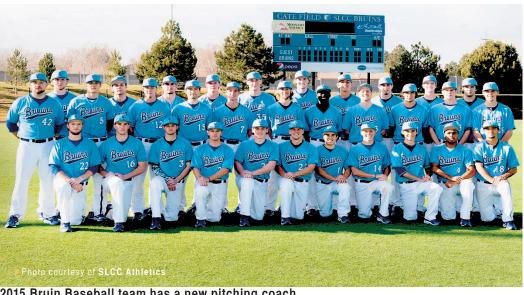
Students learn to pitch from former Salt Lake Bees pitcher.

on their grades so much that over the last four years, our players have all had at least a 3.0 GPA. Our philosophy to 'get better' works in that aspect as well. They quickly learn to understand the importance."

It is not always easy to make the switch from being a pro player to a coach, but Nelson and other SLCC staff is making it a lot easier for Berg.

"Nelson is a really good coach and has a lot of experience, he has been doing this for a long time," says Berg. "He continues to educate me on a lot of the differences between being a player versus being a coach and what really works best for the players and the team."

Under the direction of David Nelson, the Bruins have been highly successful with two Region championships, two top 20 finishes in the NJCAA rankings and a conference championship. Nelson has sent over 100 players on to bigger schools. Over the years nearly 20 former Bruins players have gone on to play pro ball. The Bruins baseball 2016 roster and schedule is available at slccbruins.com.



# Do you have a news tip or story idea? TWEET US!



2015 Bruin Baseball team has a new pitching coach.

# Unwind with a massage from Health and Wellness services

### Kristin Hargrove

Contributing Writer

According to a student survey conducted every other spring by the National College Health Assessment, stress is the number one cause of why students do not perform well in classes.

Salt Lake Community College has one remedy to relieve this stress. Visit the massage services stationed at the Taylorsville Redwood, Jordan and South City Salt Lake Community College campuses.

"All of our things are centered around academic success and that's really what we strive for," said Tatiana Burton, the Health Promotions Program Manager at the Redwood campus.

Each semester, students are offered one 60-minute massage, performed by licensed massage experts at the introductory price of \$10. The commencement of the hour session includes a mini consultation with the professional massage therapist. After addressing the student's needs, a

Photo by Farley

A great way to de-stress from the pressures of school life.

complete customized 50-minute massage is performed. The massage is followed with educational tips on stretching and stress relief techniques.

The Center for Health and Counseling (CHC) wants to ensure the massage Health and Counseling www.slcc.edu/chc.

service is personally tailored for the individual. A student has the choice of a male or female massage specialist. The dress policy is determined by the student's comfort level. Whether one prefers a fully clothed massage or draped appropriately, the community college provides a professional and safe environment.

The popularity of the discounted massage acts as gateway to the other medical services offered tp students in the CHC.

"It's kind of a great plug to get them in the door," says Burton.

The future of the massage services has promising potential. Along with personalized full body treatments, the branch hopes to enhance their educational programs. Workshops that include partner massages to teach stress relieving methods and aromatherapy are on the horizon. Burton reiterated that the workshops focus around learning to enhance a student's performance. The center anticipates an online scheduling option by next semester.

Payment is due at the time of service and a 24-hour cancellation notice is mandatory. Keep this in mind to avoid any additional fees. It is also required to have your student

OneCard present for appointment

verification.

For more information or to schedule an appointment call 801-957-4268 or visit

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# Math and science tutors available for students who need help

### **Brandon Miller**

Staff Writer

Learning is a dynamic process. Students are here to learn and acquire the skills needed for a new career.

Grades worthy of top tier employment or transfer are not the easiest to achieve. Salt Lake Community College knows this and has established both Math and Science tutoring labs to further the student's advantage.

"One of the best tools students overlook are their





Math and science tutors are available at the new West Valley Center and other campuses.

opportunities found in our tutoring centers," says Sydney Richards at the Science Resource Center.

SLCC had Tutoring and Learning Centers on six campus. Even if one might not need help, one may be able to help someone else. Tutors have proven adept at their respective disciplines and have been recommended by one or more of their professors.

"Not only can the students get and give help in their respective disciplines, they can network with other students thus increasing their avenues of learning. There is not a better place to be found doing homework," says Richards.

Math Lab- Monday-Thursday 8:00 a.m. - 8:00 p.m in the evening; Friday 8:00 a.m. - 4:00 p.m. in the

afternoon. Phone number: 801-957-4839.

The Math Lab is located in the Library basement. Math students of all levels are welcome.

Science Lab (Science Resource Center) Monday-Thursday 9:00 a.m. - 8:00 p.m.; Friday 9:00 a.m. - 6:00 p.m. Phone number: 801-957-3796. There is computer access and textbook/solution manual checkout is offered. Science students of several disciplines are welcome, including Chemistry, Biology, Geo Sciences, Physics, and Engineering.

If you are interested in volunteering/tutoring call 801-957-4150 for information. Volunteering has proven to be a stepping stone for many students seeking internships and or employment.





JOIN US FOR A **TRANSFER OPEN HOUSE ON WEDNESDAY, OCTOBER 28, 2015**RSVP at: **westminstercollege.edu/openhouse** 

