

# THE GLOBE



STUDENT VOICES AND VIEWS FOR THE SLCC COMMUNITY

## Sweet Display

Candy window by students, Pg. 6

Pacific Island

New class to help students in school, Pg. 9

Feed Your Mind

Student life giving free snacks, Pg. 12

New Years Resolutions

Online at [globeslcc.com](http://globeslcc.com)

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

## Course Evaluations Available Now

**When:** Now - Dec 14  
**Where:** Online

### Wednesday

### 9

#### Xbox Wednesdays

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

#### 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 Parlor B

#### Equality Involvement Club

**When:** 4:00 pm - 6:00 pm  
**Where:** TRC: AAB 323

#### Video Game Days

**When:** 12:00 pm - 2:00 pm  
**Where:** Jordan: Student Pavilion

### Thursday

### 10

#### Black Student Union Club Meetings

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

#### Psychology Club Meeting

**When:** 2:30 pm - 4:30 pm  
**Where:** AAB 324

#### Revolutionary Student Club Meeting

**When:** 3:00 pm - 4:00 pm  
**Where:** TRC: Student Center

#### "Fuel for Finals" by SLCC Library Services

**When:** All Day  
**Where:** All SLCC Libraries

#### SLCC Pantries Open

**When:** 3:30 pm - 5:00 pm  
**Where:** Taylorsville & South City Campuses

#### Screen Writers Club

**When:** 4:00 pm - 6:00 pm  
**Where:** SCC: 2-034

#### SLCC's Independent Student Writer Book Launch

**When:** 5:00 pm - 6:30 pm  
**Where:** TRC: AAB Atrium

#### 7th Semi-Annual Speakers Showcase

**When:** 7:00 pm - 8:00 pm  
**Where:** TRC: TB 203

#### "Brain Bash" by the Science Resource Center

**When:** 8:00 pm - 12:00 am  
**Where:** TRC: SI Atrium

#### "Finals Study JAM Session"

**When:** 5:00 pm - 2:00 am  
**Where:** TRC: Business Building

### Friday

### 11

#### Yoga Club

**When:** 10:30 am - 12:00 pm  
**Where:** TRC: LAC

#### Phi Theta Kappa Society Membership Meeting

**When:** 7:30 pm - 10:00 pm  
**Where:** TRC: Student Center Parlor B

#### "Finals Fiesta" by the Tutoring & Learning Centers

**When:** 7:30 am - 11:00 pm  
**Where:** TRC: Markosian Library

#### Long Day against Procrastination

**When:** 8:00 am - 4:00 pm  
**Where:** TRC & SCC Writing Centers

#### "Run Time" & "Her Camera" Documentary Film Screenings

**When:** 7:00 pm - 9:00 pm  
**Where:** SCC: TV Studio

#### ECLIPSE 2015

**When:** 7:30 pm - 9:30 pm  
**Where:** SCC: Grand Theatre

### Monday

### 14

#### Board Game Mondays

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

#### SLCC Student Honors Recital

**When:** 7:30 pm - 10:00 pm  
**Where:** SCC: Atrium

### Tuesday

### 15

#### Pacific Unity Association

**When:** 1:00 pm - 2:00 pm  
**Where:** TRC: Student Center Parlor A

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

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The Globe is an open campus forum student newspaper published Wednesday during Fall and Spring Semester (excluding holidays). The Globe is also online at [globeslcc.com](http://globeslcc.com).

The Globe editors and staff are solely responsible for the newspaper's content. Funding comes from advertising revenues and some student fees administered by the Student Fees Board. For questions, comments or complaints, call (801) 957-3066 or visit [globeslcc.com](http://globeslcc.com).

## Student's Showcase Life @ SLCC

### Be an Instagram Contest Winner: daydreamer\_07

### "The Anchor" @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.

#### 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

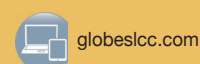
#### Non-Instagram users / Alternate submission method

- 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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## Letter from SLCC President Huftalin

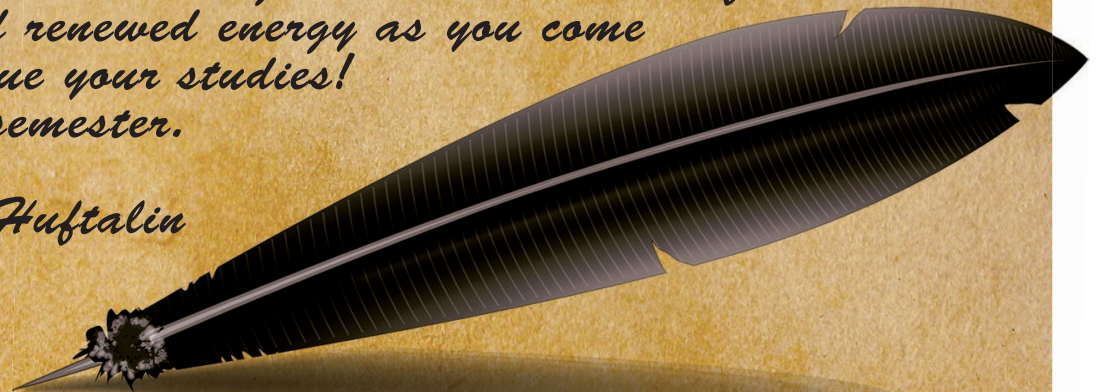


*Best of luck on finals, Bruins!*

*As we approach the end of fall semester, let me share my heartfelt thanks to you all for choosing SLCC as your place to learn, grow and identify new strengths and ideas. Our community is richer because of each of you and the history, passion, culture and drive you bring to our campuses.*

*I wish you all the best as you enter into finals and hope that the holiday break brings with it some time for rest, relaxation and renewed energy as you come back to continue your studies!  
See you next semester.*

*President Huftalin*



## Letter to the Editor

*I have been a student at SLCC for a while now. All the good study spots seem to be disappearing at the main Redwood Campus and at some other campuses as well.*

*It's really bad at the Redwood Campus. They had some nice study places that are now gone, with less tables in the library and at the top of the Student Center. The places they do have fill up quickly.*

*Also, the cafeteria is way too noisy. It fills up and is always way too hot all the time in that building.*

*Where do students study before work or in between classes? Where do they meet tutors at? Just wondering, because it would be nice to have more nice places to study especially at the main campus.*

**- Matt Horn**

## Response from Erika Anderson

Many of the students commute between work, school and home. There are moments when it is a waste of time and money for them to leave campus and study. It's important for all students to succeed in their academics and finding a good place to study or do assignments is a priority that is sometimes forgotten.

The most obvious place for a student to study is the library.

There are four campus with facilities that accommodate any student's needs for studying.

The Markosian Library at the Taylorsville Redwood Campus is the main library with extended hours during the week for extra studying. This campus has five study rooms, a computer lab, and one large room for faculty or other big groups of collaborated studying.

Also there are extended hours on Friday and Saturday during finals week. Jordan campus has six study rooms for group or individual study. All libraries will be closed

during the holiday break.

Tutoring labs are another great place to study. Not only is it another place to study, but it is a place to get tutored help.

Tutoring is available by appointment, or walk-in. In addition to the traditional study areas, the institute buildings have study areas that are quiet and not crowded. The Institute at Taylorsville Redwood also offers a small computer lab but no access to printers.

At South City Campus, there are a lot of tables and chairs in the atrium. Also, other areas in the building have outlets for use of personal computers. There are also computer labs at many campuses.

Each campus offers places for students to study. Sometimes, it's the obvious place like the library or a tutoring center. Other times, the best studying areas are nooks and crannies discovered by students.

-COMM 1610 Student

# Governor Gary Herbert makes a visit to SLCC poli-sci students

Tamara Brune-Wharton

Staff Writer



■ Photo by Tamara Brune-Wharton

**Governor Herbert and President Huftalin.**

“What are you going to give back to us? If you have an issue, you first need to address it closer to home,” says Utah’s 17th Governor, Gary R. Herbert, last week to a packed political science classroom filled with SLCC students, staff, and faculty. President Deneece Huftalin welcomed the governor, introduced him to the audience and invited students to openly dialogue with him following his remarks.

The governor laid out the basics of how the states were the original creators of the federal government and how they had thirteen different ways of doing things.

“We are the pilot program,” says Herbert. “My first cousin, eleven generations removed, was Benjamin Franklin

[an early constitution framer and a signatory of the Declaration of Independence]. What kind of government did you give us? A republic. Challenge to keep it.”



■ Photo by Tamara Brune-Wharton

**Governor Herbert speaks with students after lecture.**

Urging students to understand and work through societal issues, he posed tough questions, such as how can they do it and if they are ready. Rather than top down, he subscribes to governments working bottom up.

“I think the idea should come from the people,” says Herbert. “We set a goal when I came into this office six years ago. We the people are all a part of the Utah team.”

In terms of Utah’s assets, Herbert has a long list of state successes thanks to the constitution of Utah’s citizens and their commitment to the whole.

“We have the ability to get along. We collaborate better than anyone. We are willing to roll up our sleeves and work together,” says Herbert

In rapid-fire succession, the governor addressed a wide-range of pressing statewide topics with energy, humor, and vitality. His message was clear -- he wants every student and citizen to get involved and to take a stake in Utah’s future.

Governor will be holding a press conference in the South City Campus Multipurpose room on Wednesday, Dec. 9 at 10:00 a.m.



■ Photo by Tamara Brune-Wharton

**Students captivated by Governor’s speech about economics.**

# Gingerbread houses **sweetens holiday** for cancer patients

**Makenda Hill**

Contributing Writer

The culinary arts students at Salt Lake Community College have built gingerbread houses this season, which are on display to be auctioned off to benefit the Cancer Wellness House. “Our goal is to make a splash in the community,” says Culinary Arts Program Manager, Bob Burdette.

Students in the baking class will showcase their arrangement of gingerbread villages for the community at the Wellington Senior Center, where they host their annual Holiday Open House. Along with the auction, a gingerbread house contest takes place and the Wellington offers a \$500 prize for the grand winner.

The striking array of gingerbread houses will not only get your mouth watering, but also lets you delve into the imaginations of the culinary arts students.

According to Burdette, completing this project

experiment, create and understand the structure and strength of gingerbread in the cause of supporting cancer.

For 25 years, the Salt Lake Community College has had a hidden secret with a state of the art culinary program. The curriculum prepares students for a career as chefs or food and beverage supervisors in a wide range of industries where they can explore the possibilities and work with the talented students at Salt Lake Community College culinary program.

Gingerbread houses are an annual tradition for many families. The display is a way to get everyone in the holiday spirit and also bring excitement for this time of year.

The gingerbread house display is located at the Wellington Senior Center at 4522 South 1300 East in Salt Lake City. The live auction will be held

Thursday, Dec. 10 from 4 p.m.-7 p.m.. All proceeds from this event will go to the Cancer Wellness House. The gingerbread houses will remain on display until Jan. 3. Admission is free.



One of the gingerbread houses on display at the Wellington Senior Center.



Photo by G.S. Rodriguez

Culinary student adds finishing touches to gingerbread house for display.

allows the students to showcase their learned talents by incorporating different skills. The purpose of the gingerbread house assignment is not so much for the taste of the final product but for allowing students to



Photo by G.S. Rodriguez

Students get creative with candy.



Photo by G.S. Rodriguez

Gingerbread houses to be auctioned for benefit.

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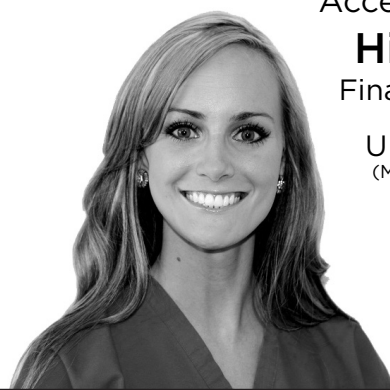
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# Candy Land

Stacey Hill-Coates

Contributing Writer



Photo by Stacey Hill-Coates



Photo by Stacey Hill-Coates



Photo by Guadalupe S. Rodriguez



Photo by Guadalupe S. Rodriguez

While walking around and enjoying the holiday lights in downtown Salt Lake City, be sure to stop by the Macy's display windows at City Creek Center. Macy's has invited the Visual Merchandizing students of the Fashion program at Salt Lake Community College to participate in the holiday windows visible from Main Street.

"Through our partnership with Macy's, we were invited to get involved and create one of the globes," says Fashion Institute Program Director Mojdeh Sakaki, an invitation that has been extended for the last four years.

This year's theme is Peanuts as it is the 50th anniversary since "A Charlie Brown Christmas," based on Charles M. Schultz' iconic comic strip, first aired. Under the guide of adjunct professor Matt Monson, 14 students and Monson's daughter created the globe.

Sakaki explains that "students are given the information about two months prior to the event." The students create multiple designs for the globe based on the theme and submit the designs to Macy's Merchandizing Crew. After all the designs have been presented, the merchandizing crew approves the design that best exhibits the theme.

Once the design is approved, the students "work on the globe for about a month. This year they used excess of 40 pounds of candy." Thousands of pieces of candy were used to form the Peanuts characters, Snoopy on top of his decorated dog house, town, and brick wall.

"Every year we look forward to it and treasure our partnership with Macy's," says Sakaki. "There's more to come!" The globe is not the only decoration that the fashion program will be featured at Macy's. More displays will open into the courtyard." If you find yourself holiday shopping at City Creek, stop by and see the Peanuts globe and other decorations featured at Macy's.



Photo by Guadalupe S. Rodriguez

SLCC's Fashion Institute Program made candy window that is on display alongside others Macy's windows at City Creek.



Photo by Guadalupe S. Rodriguez



Photo by Guadalupe S. Rodriguez

# Mitch Davis film **"Other Side of Heaven"** inspires SLCC students

**Tamara Brune-Wharton**

Staff Writer

Mitch Davis, a former Disney employee and "Other Side of Heaven" writer and film director, recently spoke with two hundred students in an open forum at the LDS Institute of Religion on the SLCC Taylorsville Redwood Campus.

Davis's new movie "Christmas Eve" "... tells the story of six different groups of people stuck in an elevator in New York City on Christmas Eve," says Davis.

Davis typically writes his own screenplays, but purchased this script, originally titled "Stuck", from a new screenwriter Tyler McKellar, then proceeded with rewrites. One of the last changes was to actually add the Christmas theme, not included in previous scripts.

"If you make a movie and it is successful...you create this incredible thing that just goes around the world," says Davis.

He is still amazed with the universal appeal received by his breakout film the "Other Side of Heaven" (starring John Gorham and Anne Hathaway), about an Idaho farm boy who becomes a missionary in Tonga.

"It's still showing in foreign countries," Davis says. The film continues to receive global responses and letters even today.

Davis became a director by default after years as a writer wanting more control over his screenplays and so became a producer and director. After graduating in English at Brigham Young University, he then attended and graduated from the film program at the University of Southern California.

"Don't do it - give up, run away," says Davis. "Follow your passion, be prepared for a lot of setbacks, and don't sell your soul to get your movie made... no movie is more important than your soul."

Davis testifies of his convictions and says, "When you think about it, life is really about proving things to yourself." He believes God already has 'perfect knowledge.' The human condition is that life is difficult, but the human spirit can and does overcome.

"I just want to make a big pitch for faith," Davis says, "Faith makes suffering meaningful... Faith makes impossible things possible."

John Davidson and Donovan Thagloa, SLCC students with Pacific Islander heritage, say they approve of Davis' authentic hello welcome in Samoan and Tongan languages, which Davis worked on while filming the "Other Side of Heaven."



**Students revel with refreshments after Davis' speech.**

"I watch it [the film] every Sunday night with my wife. It is one of our favorites," says Davidson. "Not even in my wildest dreams," he says, did he imagine he would meet up with the film's creator and says he is sure to see his new film. "He was incredibly down to earth, even though he is super successful," says Davidson.

SLCC Student, Frances Walker, was thrilled to sit down with Davis and show him her artwork. "He is a really good speaker with just the right amount of comedy. I am glad I washed my hair today," she says with a comedic grin.

"We want these young people to be able to accomplish whatever their dreams are," says Jeffrey D. Meservy, Director of the Taylorsville Institute of Religion. "These people help show the students that it can be done. That your dreams can be fulfilled."



**Film director Mitch Davis spoke at Taylorsville Redwood LDS Institute.**

**Do you have a news  
tip or story idea?  
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**@GlobeSLCC**

# Pilot course highlights Pacific Islanders

**Violet Maw**

Contributing Writer

SLCC is now offering a pilot course aimed at Pacific Island students. This class is called "Pisifika Studies within an Academic Space." This course is intended to be a compliment to the EDU 1020 class already offered at SLCC, and is aimed specifically at Pacific Islanders.

The class will help Pacific Islanders to understand the vital role they play in our communities and school.

"In the last decade Pacific Islander students are among the lowest groups in retention rate.

Through the efforts of our

Pacific Islander community and administration, we need to support and target these students in the classroom as well as in our advising offices," says Tevia Hola, who is a Multicultural, Academic & Career Advisor at SLCC.

Because SLCC has a mission to expand learning into so many different cultures, the administration felt that this class would expand said mission even more.

"This is part of the efforts of Salt Lake Community College's commitment to serve the broader community. Its mission is to provide quality higher education and lifelong learning to people of diverse cultures, abilities, and ages, and to serve the needs of community and government agencies, business, industry and other employers," said Hola, when asked what lit the flame for the creation of this course.

For Pacific Islander students who are interested in the class, it will enhance their knowledge of their culture while becoming acclimated to student life and higher education, and also give them a jump start to

their academic endeavors.

Because this is a pilot course, the first and only teacher who will be teaching the class is Jake Fitisemanu, who is from the Utah Department of Health, Office of Disparities.

Fitisemanu will provide a solid background on the importance of entering into college, but with a cultural vantage acting as an enhancement element to his teaching.

He will also give students the ability to circumnavigate their own pathways, to endow Pacific Island students with the ability to achieve lifelong learning once they have graduated from SLCC.

"The hope is that these Pacific Island students

will understand the vital role they play in our communities and future endeavors. Helping these students in the classroom will be a stepping stone towards their academic success," says Hola.

Hola is hoping that the course will soon fill the Social Sciences General Education requirement in Ethnic Studies courses, to match current Ethnic Studies courses.

Currently, there are no books needed for this class.

If you or someone you know may be interested in registering for this class, and would like more details, please contact Tevita Hola at the following email address and phone number: [tevita.hola@slcc.edu](mailto:tevita.hola@slcc.edu), (801) 957-3905.



■ Photo courtesy of Department of Foreign Affairs & Trade

**Pilot course aimed to help retention of Pacific Islanders.**



■ Photo by Jeyan

**Pacific Island students play a vital role in SLCC community.**

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# Sleep help students get **better grades**

**Violet Maw**

Contributing Writer

Many students give up precious sleeping hours to get through homework. This sleep deprivation can be dangerous to a student's health, and can even end up being counterproductive.

Cramming for finals, drinking lots of caffeine, getting less than the eight recommended hours of sleep or staying up all night is pretty standard for students. Finals are hard enough, but this harmful combination is detrimental.

"Any prolonged sleep deprivation will affect your mood, energy level and ability to focus, concentrate and learn, which directly affects your academic performance," says Dr. Philip Alapat, medical director at Harris Health Sleep Disorders Center, and assistant professor at Baylor College of Medicine.

The ultimate goal for students is to learn more, and get an education. But not getting enough sleep is counterproductive to this concept because when a student is cramming for a school assignment or pulling an "all-nighter" they are actually only remembering the information in their short term memory instead of their long term memory. In order for college students to retain the information they are learning for future jobs, they need more sleep.

"Generally, I am a major procrastinator, I do things at the last minute," says SLCC student Ibrahim Mohamed. "I think it's a lack of time management for me."

Good time management in exchange for losing out

on sleep can actually save your health.

But good time management may not always solve the problem.

"I think that some teachers sort of forget that students have other classes and are overloaded with homework," says current SLCC student Nathan McDowell. "And if you have four classes and each teacher thinks the same, then you have tons and tons of homework."

Nathan is not the only student to feel that sometimes the homework load is a bit too much.

"Sometimes it gets hard when all of your professors decide papers/tests should be done at the same time or week," says SLCC student Marco Smouse. "I think one of the big factors can be just learning how to juggle all of the responsibilities."

School work, time management, and juggling classes aren't always easy. But there can be steps taken to focus on getting more sleep, and not trading those precious hours in lieu of homework.

Dr. Alapat's recommendations for studying are as follows:

- Get 8-9 hours of sleep nightly (especially before final exams)
- Try to study during periods of optimal brain function (usually around 6-8 p.m.)
- Avoid studying in early afternoons, usually the time of least alertness
- Don't overuse caffeinated drinks (caffeine remains in one's system for 6-8 hours)
- Recognize that chronic sleep deprivation may contribute to development of long-term diseases like diabetes, high blood pressure and heart disease.



■ Photo by Aaron Jacobs

Sleep deprivation can effect your mood, energy level, and ability to focus.

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# Student Life and Leadership provides **brainfood** for students

**Tamara Brune-Wharton**

Staff Writer

It's time to hunker down for finals, but many students don't always have the time and resources to secure the nutritional fuel needed to push through punishing hours of studying, paper-writing, and test-taking. However, thanks to SLCC's Food for A Grade program, no student will be left nutritionally behind.

Starting Monday and persisting through all of finals week, thousands of healthy snack packs of water, trail mix, dried and fresh fruit, and granola bars will be distributed to students through SLCC's Offices of Academic Advising, Health and Wellness, Disability Resource Centers, and Student Life and Leadership (SLL) on all SLCC campuses.

"We have students who come directly from work and don't have time to eat or leave early in the morning [and stay all day]," says Sonia Parker, SLCC Director of Academic and Career Advising and founder of the program, which started last year as a pilot project.

Through a generous \$7000 grant recently delivered by Wells Fargo Vice President Silvia Norman to Dr. Chuck Lepper, SLCC Vice President of Student Affairs, the program has expanded from 3000 snack boxes last year to 6000 this year and will run through mid-terms and finals.

Included is a nutritional fact sheet of healthy snack choices provided by SLCC's Health and Wellness Center to promote and educate on healthy food habits.

"We want our students to do well, but sometimes they just grab fries or a burger for a boost, but then immediately become hungry again or sleepy," says Parker.



**Volunteers prepare snack bags for hungry students during finals week.**

Parker also says SLCC representatives and other students and faculty help pack the snacks in advance to deliver them to offices and to students studying at campus libraries and study labs.

"One student really touched my heart when she told me she couldn't believe we were giving away 'free' food," Parker says, as she could see the student in the library really needed it.

Parker wants students to use the snacks as energy to do well with their finals. She also encourages students struggling with food insecurity to contact the Bruin Food Pantries at Redwood and South City campuses. "We want our students to do well," Parker says.



Photo by Sonia Parker

**Nutritional snacks will help students power on with finals.**

"Hi, my name is Sam and I worked for The Globe Newspaper. Thanks to the experience I gained working for The Globe, I now work for the fourth largest newspaper in the state of Connecticut!"

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