

THE GLOBE



STUDENT VOICES AND VIEWS FOR THE SLCC COMMUNITY

Delicious diversity

8th Annual Diversity Dinner, Pg. 6

Student discounts

OneCard, more than one discount Pg. 5

STEM center opens

Math and science at the forefront, Pg. 8

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

Wednesday

8

An Architect's Sketchbook

When: 7:00 am - 10:00 pm

Where: SCC: East Foyer

Through Her Eyes

When: 7:00 am - 10:00 pm

Where: SCC: Eccles Gallery

U of U Transfer Advisors

When: 9:00 am - 2:00 pm

Where: SCC: CAM Foyer

Where: TRC: STC 2nd Floor

UVU Recruiter Visit

When: 9:00 am - 1:00 pm

Where: TRC: STC Event Hallway

Westminster Recruiter Visit

When: 10:00 am - 1:00 pm

Where: Jordan: JTC Foyer

Academic Success Workshop -

Overcoming Test Anxiety

When: 11:00 am - 12:00 pm

Where: SCC: 1-061M

Where: TRC: STC 213

Social Work Association Club

Meeting

When: 11:30 pm - 12:30 pm

Where: SCC: Alumni Room

Pre-Med Professionals Club

When: 2:00 pm - 3:00 pm

Where: TRC: SI 290

Women of Courage Program

When: 4:30 pm - 5:45 pm

Where: TRC: Tech Bld Auditorium

Thursday

9

An Architect's Sketchbook

When: 7:00 am - 10:00 pm

Where: SCC: East Foyer

Through Her Eyes

When: 7:00 am - 10:00 pm

Where: SCC: Eccles Gallery

Utah State Transfer Advisors

When: 9:00 am - 1:00 pm

Where: TRC: STC 2nd Floor

Student Life & Leadership Open House

When: 11:00 am - 1:00 pm

Where: SCC: 2-077

An Architect's Sketchbook - Opening Reception

When: 6:00 pm - 9:00 pm

Where: SCC: East Foyer

Movies That Matter - "13th"

When: 6:30 pm - 9:00 pm

Where: SCC: 1-106

Friday

3

An Architect's Sketchbook

When: 7:00 am - 10:00 pm

Where: SCC: East Foyer

Through Her Eyes

When: 7:00 am - 10:00 pm

Where: SCC: Eccles Gallery

Latinos in Action Meeting

When: 1:00 pm - 2:30 pm

Where: TRC: STC Senate Chambers

Club Resonance

When: 1:00 pm - 2:00 pm

Where: SCC: 2-138

Phi Theta Kappa Meeting

When: 2:00 pm - 4:00 pm

Where: TRC: SC 223

Basketball Pick-up Game

When: 5:00 pm - 7:00 pm

Where: TRC: LAC

SLCC Concert and Salt City Jazz Choirs

When: 7:30 pm - 9:00 pm

Where: 203 S 200 E, SLC, UT

Carnival Latin Dance

When: 9:00 pm - 12:30 am

Where: SCC: Multipurpose Room

Monday

6

Spring Break - No Classes - SLCC Open

When: All Week

Where: All Campuses

An Architect's Sketchbook

When: 7:00 am - 10:00 pm

Where: SCC: East Foyer

Through Her Eyes

When: 7:00 am - 10:00 pm

Where: SCC: Eccles Gallery

Tuesday

7

Spring Break - No Classes - SLCC Open

When: All Week

Where: All Campuses

An Architect's Sketchbook

When: 7:00 am - 10:00 pm

Where: SCC: East Foyer

Through Her Eyes

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Where: SCC: Eccles Gallery

The Globe Staff

EDITOR-IN-CHIEF

Jake Zaugg
zaugg.jake@gmail.com
@zauggernut

ASSISTANT EDITORS

Marc Hanson

ASSIGNMENT EDITOR

Amelia Hansen
@amelia_orate

ONLINE EDITOR

Jake Zaugg
@zauggernut

COPY EDITOR

Kait Hatzidakis

STAFF WRITERS

Rex Magana
Dean Steed

PHOTOGRAPHERS

globe@slcc.edu

LAYOUT DESIGNER

Ivy Smith

CARTOONIST

Wiley Adams

ADVISOR

Matt Merkel
matt.merkel@slcc.edu

ADVERTISING

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

COVER PHOTO

Allison Hutto

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

Whatever happened to the ACA?



Wiley Adams

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Students stay on track with personal trainers

Hallee Booth

Contributing Writer

Going to the gym and getting healthy can be scary. Many people do not know where to begin when they start a new exercise program. Hiring one of the personal trainers at Salt Lake Community College can make the experience much easier.

The personal trainers at SLCC are there to help those that want to be healthy whether they are beginners or not.

According to the Administrative Assistant for the Health and Lifetime Activities Department, Bridget Wicklander, when hiring the personal trainers they look to see that they have their American College of Sports Medicine Certified Personal Trainer (CPT) Certificate, have experience training clients and know how to plan a safe and efficient program for clients. Knowing that the trainers are certified and have experience means that the client does not have to worry about if they are going to be trained safely.

The current personal trainers that are available are Joli Johansen, Kyle McFarland, and Teylor Soto. They all are certified and enthusiastic about what they do.

According to a press release from the Health and Lifetime Activities Department, Johansen is currently “A graduate student at the University of Utah in the program of Exercise and Sport Science, where she plans on obtaining a Master of Science.” Johansen was one of the trainers for the Personal Training pilot program through the Health and Lifetime Activities Department in 2016. She also enjoys helping people reach their life and wellness goals.

The press release stated health and wellness always have been a top priority for McFarland.

“I love it, I think it’s incredible,” says McFarland.

McFarland enjoys knowing that when his clients walk away he was able to make their life better. He thinks that a benefit of having a personal trainer is the accountability.

“A trainer can be there to push you to keep going when you want to give up,” says McFarland.

The HLA Department press release stated that Soto’s goal is to help others with their fitness/wellness and show them what they are capable of.

“I absolutely love being a trainer. . . helping [clients] get from point A to point B is the most satisfying thing,” says Soto.

She is very committed to helping clients get healthy and feel confident. Soto thinks that a benefit of having a personal trainer is to help set people on the right track.

“Most people don’t know how to work out or where to even begin,” says Soto.

People can make appointments with the trainers by calling them and seeing what their availability is. There is also a flyer at the Health and Lifetime Activities center desk that lists the price per session and has the trainer availability.

Contact information for the trainers:

Joli Johansen – 801-458-0767

Kyle McFarland – 719-460-3873

Teylor Soto – 801-842-9587

From food to fun, OneCard offers multiple discounts

Erin Sanders

Staff Writer

Every college student knows that sometimes it can be difficult managing finances. Whether its social activities with friends, or being an responsible adult and paying bills, being a college student adds up quick! But being a student has its perks, as discounts abound for just about everything under the sun. The Globe has compiled a list of companies that are more than willing to ease a student's financial burdens, provided they flash their OneCard.

Food & Entertainment:

"If you can show your student card, you will receive \$1.00 off any juice!" says Brittany Shimmin, owner of Vive Juicery. Shimmin absolutely loves students, and created her business based solely around local fruits and vegetables. If you collect your bottles, you also receive a discount for bringing them back in, so don't throw them away! There are three locations: Downtown at 219 E Broadway, Sugarhouse at 1597 S 1100 E, and Draper at 129 E 13800 S.

Pizza is every college student's go to to-go food, and the Pie Pizzeria offers SLCC students 10% when

they show their OneCards. However, Pie locations are each individually owned, so make sure to ask if they participate beforehand. Down the hill from the Pie, beloved Brewvies in Downtown Salt Lake City gives student discounts, \$2 off movie tickets with OneCard. In case the "brew" in the theater's title wasn't obvious, Brewvies is a 21+ venue.

Snowbird season passes are also up to \$300 off with a OneCard, and the Utah Museum of Fine Arts allows students to use them as a free entry pass to the museum.

Health & Wellness:

While not all 24-Hour Fitness locations offer a student discount, most are keen on getting students in the gym. Visit the nearest location for pricing. Mindful Yoga gives discounts based on the number of classes taken, offering \$10 for individual sessions, \$40 for four, \$80 for nine, and \$160 for twenty sessions. Students interested in yoga can show their OneCard at the Trolley Square and Foothill locations of CorePower Yoga to receive class discounts.

Transportation:

Through SLCC & UTA students can get discounted prices for public transportation, allowing them to get to each campus easier. Regular and premium 30-day passes are \$15 and \$72 respectively for students, and a regular semester pass is only \$58.50! Visit rideuta.com for additional details.

Shopping/Music:

Students are also encouraged to use their Bruinmail addresses when signing up for Apple Music or Spotify Premium, as each are only 4.99 a month with a student email. Using a student email unlocks an Amazon Prime subscription that is free for six months, then 50% off after that.

Not all locations may offer these discounts and some restrictions may apply. To learn more about what discounts you may be eligible for you can visit slcc.edu/onecard.

Photos by Jake Zaugg



Brewvies Cinema Pub in downtown Salt Lake is the perfect place to kick back after a week's worth of classes. Just remember to take a Lyft!

Microaggressions discussed over macro-delicious food

Marc Hanson
Contributing Writer
■ Photos by Allison Hutto



Facilitator Roderic Land led the conversation on microaggressions.



Each table discussed their experiences with microaggressions and how to handle them at the Diversity Dinner.



The Diversity Dinner gave students and faculty the opportunity to make new friendships while sharing experiences over dinner.

Salt Lake Community College recently held their 8th Annual Diversity Dinner. The event is structured to provide an open forum where individuals from diverse backgrounds can have a open and honest discussion on issues facing those from different backgrounds.

To create an environment of dynamic conversation and interactions, attendees filled out a questionnaire before the dinner and were then assigned to a particular table. The topic of discussion for this 8th Annual Diversity Dinner was on the issue of microaggressions. Microaggressions being any verbal or non-verbal slights or insults, intentional or not, toward any group with the exception of straight white males.

Special assistant to the President, Dr. Roderic Land, conducted the event. Land emphasized the need to bring more attention to the issue of diversity and encouraged those in attendance to bring the conversation to those who need it most.

"I would argue a lot of times that people that need to be having these conversations are very rarely here," says Land.

Attendees had the opportunity to discuss in greater detail the act of microaggressions. Land instructed those sharing their ideas to make them personal to them and challenged to engage in conversations with those they might not engage in

under normal circumstances.

"Agree to disagree and stay open to the process," says Lamb.

The outcome goal of the event was to identify microaggressions and discover techniques to minimize their occurrences. This was done by inviting those present to share their nightmare experiences of being on the receiving end, or witnessing such malicious acts of microaggressions like: being asked where they're from, being told they speak English well, wondering if they play sports and "can I touch your hair?"

"These are things we minorities -- and women as well -- experience all the time," says Land "The psychological effects these may have on us is very taxing -- to consistently deal with these on a daily basis."

On how to deal with the subconscious hate of microaggressions the overall consensus was that it is up to the perpetrator to do their own research, especially when information is so easily available.

The event concluded with every attendee getting a bag of M&Ms. A symbolic gesture of how unique people are.

"We're all rich in who we are," says Shellie Jo Enscoe, Advisor & Director of Office for Diversity and Multicultural Affairs. "And if you treat us with respect and kindness, we also will be sweet."



Students and faculty gathered for dinner and conversation last Thursday in the Oak Room.



John Trujillo, Arturo Loayza, and Diana Guzman attended the Diversity Dinner at Redwood Campus.

Found on the first floor, modern furniture brightens up the atmosphere of the new STEM center.

Photo by Rex Magana



New **STEM center** gives math and science a boost

Rex Magana

Staff Writer

The Taylorsville Redwood Campus has opened a brand new Science, Technology, Engineering and Mathematics (STEM) center. Students can use the space for private or group study, receive tutoring or join in on future workshops.

The glass fronted, two floored area with colorful new furnishings is located on the east side of the Science and Industry building. It replaced the Science Research tutoring center found in the same building.

The center is a sign for broader change in tutoring services. Craig Caldwell, Dean for the School of Science, Mathematics and Engineering, has worked to transition all Tutoring and Learning Centers toward STEM. The intention is to better organize all of the centers so they work in conjunction with one another. STEM centers will be specialized to meet intensive math and science questions students may have.

Nathan Sanders, a biology major who plans attending the University of Utah next year, says he has had trouble in the past with finding tutors who were able to help him with school work.

Asked how he felt about the Markosian Library

tutoring center, he described it as slow and inefficient.

"They never have the tutors that you needed," says Sanders. "'Sorry, our chem person is not here. Sorry, our physics person is not here.' I've gotten that more than I've gotten help from there."

His feelings for that tutoring center (and others), he admits, centered mostly around science.

"That math center down there is cool, off to the side, but, for physics and chemistry, they just don't have anything," says Sanders.

Jose Crespo, Director for the new STEM Learning Center, intends to allay these problems by migrating the resources from the other two tutoring centers concerning science and math to the new one.

Crespo also plans on streamlining the way students ask questions of tutors and are helped, which was a major concern of Sander's. His goal is to get the right tutors to the right student quickly.

"We have a software that is going to track the flow of students that come into the center so that we know which students and for what particular reason they are coming here, because we would like to know who are we serving

and if we are serving the right people," says Crespo.

On top of the services already provided, the new STEM center will offer academic advisors, stationed on the second floor.

"The idea of this center is to have a place for students to come and study and also get the help that they want or they need," says Crespo.

A top priority for the those at STEM is to get teachers and professors to spend their office hours or whatever free time they have in the centers. There are thirteen different initiatives to this end.

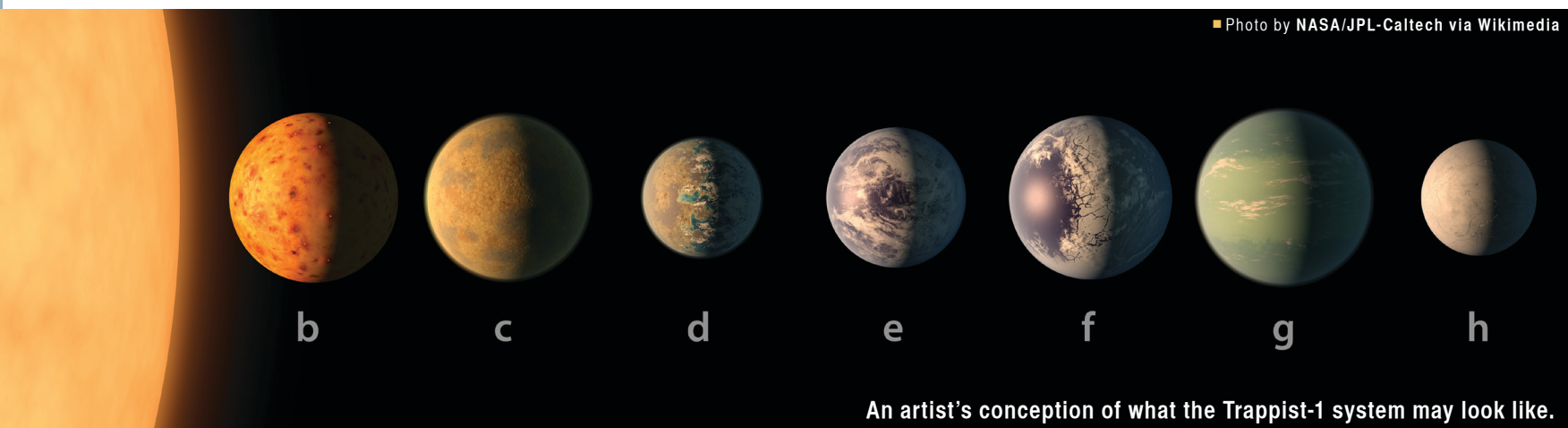
"We think that these different tiers of help that you can have in peer tutoring will make the experience much better," says Crespo, referring to the possibility of professors and peer tutors alike helping students with questions.

Some tools and functionalities have yet to be implemented, both on the website and the physical location. Presently, walk-ins are welcome but appointments must be gotten through STEM center coordinators. The center is open from 8 A.M. to 8 P.M., more information can be found at the front desk.

NASA discovers unique planetary system

Danny Rutherford

Contributing Writer



An artist's conception of what the Trappist-1 system may look like.

NASA's Spitzer Space Telescope recently revealed a system of seven Earth-size planets orbiting a single dwarf star. The system, dubbed TRAPPIST-1, is home to three planets located in the so-called "Goldilocks" zone, with each being likely to hold liquid water.

This discovery is just as intriguing as it is historical, and sets a new record for the greatest number of planets found in the habitable zone orbiting a star. Scientists at NASA have also speculated that all seven planets having liquid water is entirely possible. Water being intrinsic to life as we know it, these findings are monumental.

"With this discovery we've made a giant, accelerated leap forward in our search for habitable worlds and life on other worlds, potentially," says Sara Seager, Professor of Planetary Science and Physics at MIT. Seager continued by stating that with the discovery, it is now safer than ever to guess that there must be many more potentially life-bearing world's out there.

TRAPPIST-1, named after the Transiting Planets and Planetesimals Small Telescope (TRAPPIST) in Chile, is roughly 40 light-years from Earth. Researchers operating TRAPPIST made the initial discovery of the system in May 2016, after which the Spitzer Space Telescope confirmed the findings and discovered the five additional exoplanets in the process.

According to these findings the TRAPPIST-1 dwarf star is much smaller than our own Sun, about 10

percent of the mass, and the system's planets are much closer to the parent star. In particular, the three planets in the habitable zone are between 20 to 100 times closer to their parent star than Earth is to the Sun. Luckily, this doesn't mean that the planets are scalding hot with no possibility of liquid water, it simply means that the dwarf star is dim enough for radiation

to not be an issue. With stars, less mass means less heat.

Considering the distance of 40 light years from Earth, there is no technology known to us that could travel this distance in a reasonable amount of time. NASA officials have suggested that it would take roughly 800,000 years to reach the TRAPPIST-1 system.

Moving forward, scientists and researchers at NASA have said that a primary goal following this discovery is to study the exoplanet's atmospheres. This will allow astronomers to sharpen their understanding of Earth-size exoplanets and how they function in a dwarf star system, and could possibly lead to the discovery of many new, exciting worlds conducive to life.

SLCC Student Association



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