

# THE GLOBE



STUDENT VOICES AND VIEWS FOR THE SLCC COMMUNITY



## Student art show

Open until April 13th at South City, Pg. 6

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Students talk testing troubles, Pg. 3

### Growing while snowing

Tips for starting your own indoor garden, Pg. 5

### To the Moonah!

SLCC students aim for the stars, Pg. 9



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

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The Globe Online  
www.globeslcc.com

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.

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.

Wiley Adams

## Wednesday

# 5

### Student Art Show

**When:** All Week, 7:00 am - 10:00 pm  
**Where:** SCC: Multipurpose Room

### Through Her Eyes

**When:** All Week, 7:00 am - 10:00 pm  
**Where:** SCC: Eccles Gallery

### U of U Transfer Advisors

**When:** 9:00 am - 2:00 pm  
**Where:** TRC: STC 2nd Floor

### USF- Midsummer Night's Dream

**When:** 9:00 am - 2:00 pm  
**Where:** TRC: STC 2nd Floor

### Academic Success Workshop - How to Find a Job

**When:** 11:00 am - 12:00 pm  
**Where:** TRC: STC 225

### Academic Success Workshop - Essay Writing

**When:** 12:00 pm - 1:00 pm  
**Where:** TRC: STC 225

### Film and Conversations - Network

**When:** 6:00 pm - 9:00 pm  
**Where:** SCC: Screening Room

## Thursday

# 6

### Utah State Transfer Advisors

**When:** 9:00 am - 1:00 pm  
**Where:** TRC: STC 2nd Floor

### Nutrition Workshop

**When:** 11:00 am - 12:00 pm  
**Where:** TRC: SC 207

### Sexual Assault Panel

**When:** 11:00 am - 12:00 pm  
**Where:** TRC: 023/025

### Animation Club

**When:** 4:20 pm - 5:20 pm  
**Where:** SCC: 2-088

### Choir Concert

**When:** 7:30 pm - 10:00 pm  
**Where:** Grand Theatre

### Middletown by William Eno

**When:** Thurs-Sat, 7:30 pm - 9:30 pm  
**Where:** Black Box Theatre

## Friday

# 7

### SLCC Softball vs. CSI

**When:** 1:00 pm - 5:00 pm  
**Where:** TRC: Norma Carr Field

### Latinos in Action Meeting

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

### Club Resonance Meeting

**When:** 1:00 pm - 2:00 pm  
**Where:** SCC: 2-138

### SEDS Club Meeting

**When:** 3:00 pm - 5:00 pm  
**Where:** TRC: SI 060

### Basketball Pick-Up Games

**When:** 5:00 pm - 7:00 pm  
**Where:** TRC: LAC

## Saturday

# 8

### League of Utah Writers Spring Conference

**When:** 11:00 am - 6:00 pm  
**Where:** SCC: Atrium

### SLCC Softball vs. CSI

**When:** 12:00 pm - 4:00 pm  
**Where:** TRC: Norma Carr Field

## Monday

# 10

### Easter Egg Hunt

**When:** 8:00 am - 8:00 pm  
**Where:** Jordan: HTC Plaza

### American Indian Student Leadership

**When:** 11:30 am - 1:00 pm  
**Where:** TRC: SC 030

### DECA Meeting

**When:** 12:00 pm - 1:00 pm  
**Where:** TRC: BB 222

### Belly Dance Club Meeting

**When:** 4:00 pm - 5:00 pm  
**Where:** TRC: LAC Raquetball Courts

## Tuesday

# 11

### Easter Egg Hunt

**When:** 8:00 am - 8:00 pm  
**Where:** Jordan: HTC Plaza

### U of U Transfer Advisors

**When:** 9:00 am - 2:00 pm  
**Where:** TRC: STC 2nd Floor

### SLL Open House

**When:** 10:00 am - 12:00 pm  
**Where:** SCC: 2-077

### Big Questions Forum - Erwin Petilos

**When:** 10:00 am - 11:00 am  
**Where:** TRC: AAB 214

### Big Questions Forum - Carl Wilkens

**When:** 11:45 am - 1:00 pm  
**Where:** TRC: TB 203

### Open Mic

**When:** 5:00 pm - 8:00 pm  
**Where:** SCC: Student Forum

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

# The wet bandits strike again!



Wiley Adams



# Test anxiety: millennial malady or serious stuff?

Jennifer Nokes

Contributing Writer

Photo by Clark Davis/WV Public Broadcasting via Wikimedia Commons

At the end of the semester it is very common that instructors need to make sure all the course information is covered and student knowledge is adequately tested. The number of tests that are required seem to increase the closer one gets to the end of the semester. For many people tests are just another part of the college experience, but for some they get so overwhelmed that they freeze and completely shut down. This can be known as having test anxiety. The American Test Anxiety Association says, "About 16-20% of students have high test anxiety, making this the most prevalent scholastic impairment in our schools today. Another 18% are troubled by moderately-high test anxiety."

Test anxiety can be defined as being in distress or anxious in a testing like situation making it hard for the test taker to focus, recall studied information and/or finish the test. Many that have test anxiety struggle with all forms of testing.

Some symptoms of test anxiety can be feelings of failure that one may have no chance of passing the test. They can have physical symptoms as well as mental such as; heart racing, increased perspiration, having difficulty recalling information or even staying focused. This can lead to increased frustration and low self-esteem.

Colleen Bradberry is someone who struggles with Test anxiety she stated that she studies endlessly, but then gives up because she is afraid of repeating past failures.

Julia Nokes stated that she gets physically ill when she goes to take a test. She stated that her heart rate increase and she gets short of breath. She also has gastrointestinal problems before and after the test.

These problems can be debilitating but there are things one can do to overcome these obstacles.

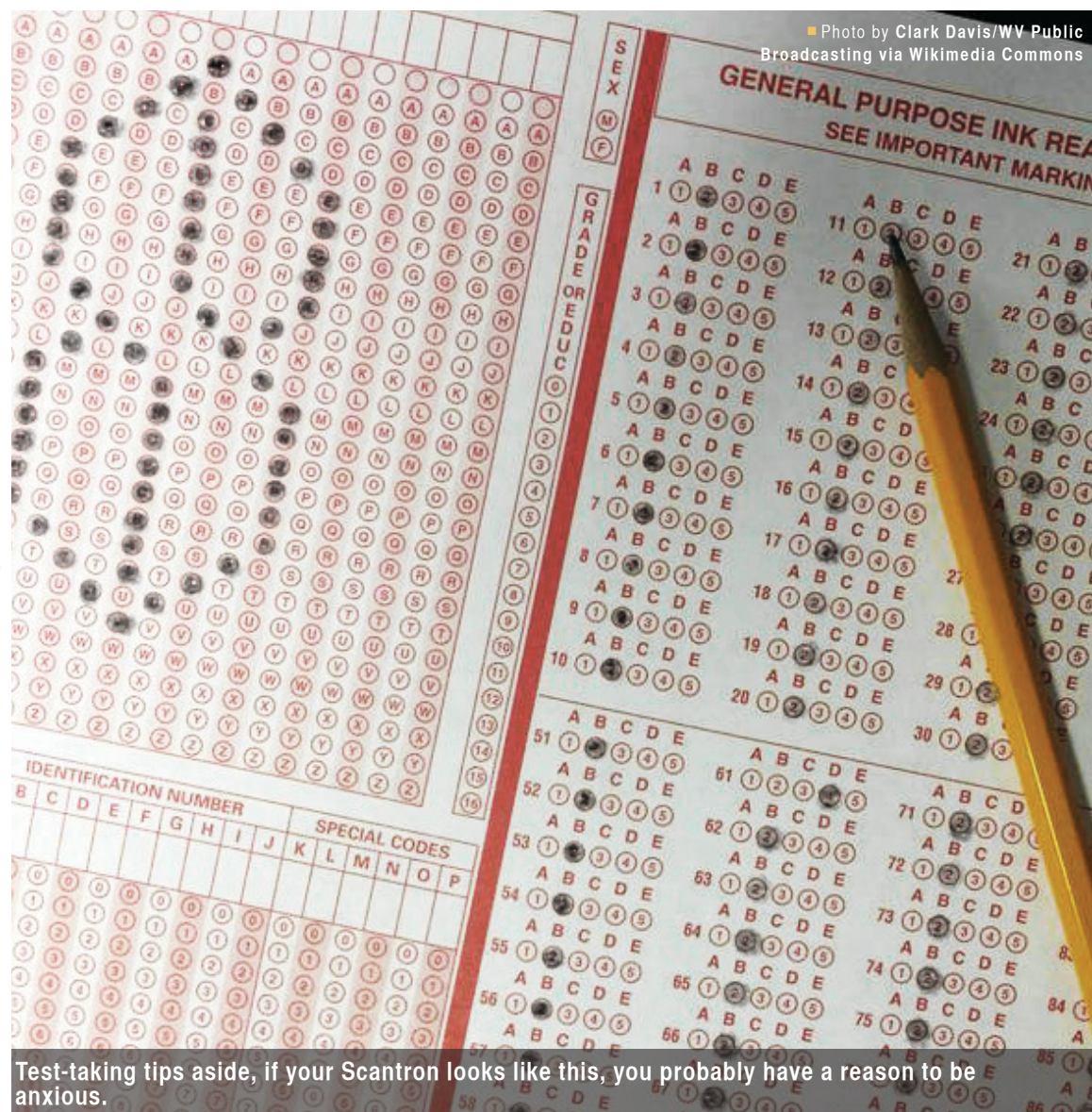
Talking with Jentry Johnson, she said that she takes great notes and then reviews the teachers study guide and other information handed out in class. Then studies from that information. A lack of studying increase one's test anxiety.

McKenna Johnson gets anxiety when the test has a time limit. She has found that if she breaks it down and focuses on one question at a time she can be successful.

Along with many mental and emotional issues there is also physical issues that need to be resolved. One way this can be accomplished is with a good night's rest the night before a test. It may be tempting to leave all the studying for the night before the test eliminating the chance of getting a good night's rest.

"I study right before the test a little, but don't keep everything till the end so I can get a good night's rest," says SLCC student, Tyler Price.

To verify student knowledge many instructors will use a test in one form or another. Each student that has a form of test anxiety will need to find a way to overcome their fears. Along with the above suggestions SLCC has some resources that can be used. Contact the disability resource center for additional help to address the need for additional time when taking tests.



Test-taking tips aside, if your Scantron looks like this, you probably have a reason to be anxious.

“

The Globe acknowledges mistakes were made in the 3/29/17 issue, corrections are as follows:

Page Five- Tyler Price is the writer of the story entitled "Entrepreneurs talk success, failures, and persistence," not Dean Steed.

Page Six- An extra 'p' was printed in the name of Amy Rees within the middle photo caption.

Page Seven, second paragraph from bottom- PHD should be written as Ph.D.

Page Eight- Caption on photo is irrelevant, as it is a misprint belonging to the 03/22/17 issue.

Michelle Saucedo is the writer of the story titled "Refugees, immigrants find support at SLCC," not Tamara Estey.

Thank you,

- Jake Zaugg, Editor-in-Chief



This photo of the Wasatch Front from 2013 illustrates how pollution hangs over Salt Lake during the winter months. While 2016-17 held a milder winter than previous years, smog levels were still high on many days.

Photo courtesy of KUER via Wikimedia Commons

## Clean air: the best way to breathe easy

Catherine Gren

Contributing Writer

While talking with SLCC student Ryan Allen he stated, “I had no idea that so many things caused pollution to our air. Something so simple as an air freshener can have negative affects on the air we breath.”

Clean air is something that we can all agree we can't live without. Air is a necessity to life so we need to work to keep our air breathable. With multiple cities in Utah being ranked in the top five places for worst air quality this year, by the U.S Environmental Protection Agency (KSL), we need to start looking for ways to improve our air.

When most people think of pollution the first thing that comes to mind is cars, refineries, and buildings. Most people don't realize that typical day-to-day items can have an impact on our air quality as well. Some of these items include air fresheners, hair spray, latex paints, waxes, and so much more (uacair). People driving cause at least 50% of our pollution that exists (care to clear the air).

“One of the biggest struggles with air pollution is getting people to change their habits.” says SLCC student Amy Hansen “We can continue to put information out there, but until people care enough about the air they breath, they won't change anything.” There are a lot of things that people can do to help reduce the amount of

pollution that they are putting in the air each day.

The Clean the Air Challenge will be taking place during the whole month of July this year. The main focus of the challenge is to help reduce the amount of trips taken, and miles driven in your car each day. By driving less you can be entered to win weekly prizes and help improve our air. Individuals, schools and businesses are encouraged to sign up to help make an impact.

Multiple schools in Cache Valley, Salt Lake City and Washington County have taken part in the Idle Free Utah campaign to help improve our air quality (Utah Clean Cities). Hopefully one day we can get all schools to be idle free. Anyone who plans to have their car idling longer than 30 seconds should turn off their car to help decrease pollution (uacair).

“I try to catch a ride from someone or ride my bike when I can. If I can't do either of those, I revert to using public transit”, stated Jeff Jensen SLCC student. Being a student provides discounts with public transit and allows students to help reduce their carbon footprint. Our school also offers a shuttle service between campuses to help reduce the impact while attending classes at multiple campuses.

Switching out lawn care items such as movers and trimmers can help cut the carbon footprint as well. In the past the Utah Department of Environmental Quality has been given funding towards their Clean Air Retrofit, Replacement, and Off-Road Technology grant program (udeq) to help offer electric mowers and trimmers at a reduced cost to anyone who is willing to switch out their gas powered item. While speaking with Catherine Wyffles, Environmental Engineer, she stated that she didn't think the program would be returning this year due to funding not being approved by our legislature. The use of one 4-stroke mower that runs for one hour has been known to produce as many pollutants as one vehicle that has traveled 500 miles (udeq).

We need to get involved with our legislature to ensure that programs like this are offered each year to help reduce our carbon imprint along with other things. By focusing on improving our transportation services and bringing back programs that can help encourage people to make better choices with day-to-day purchases or items that they are using each day. Making small changes daily can reduce our pollution.

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# How to turn a garden **outside in**

**Hallee Booth**

Contributing Writer

Many students would like to have a vegetable garden but may not live somewhere that has an area outside for it. An alternative that is gaining popularity is to have an indoor vegetable garden, but many people do not know how to begin their garden.

The first step is to determine what plants are going to be grown. This will dictate how much space is needed for the garden. Most plants can be grown on a windowsill or a table, but for a larger garden, a dedicated space would be best. Plants also do well on shelves as long as they receive enough light.

It can be hard to find a very sunny place in an apartment especially during the winter time. If there is not a place for the garden to receive the proper amount of sunlight the plants need purchasing a grow light is a good alternative.

According to Planet Natural's owner, Eric Vinje, the light needs to have the same wavelengths as the sun. Regular light bulbs will not work. The grow light that seems to be the best and inexpensive is the compact fluorescent. They are bright and produce less heat than incandescent bulbs so they can be placed closer than plants without burning the leaves of the plants. The wattage of the light will depend on how big the garden is.

Another important factor is temperature. Vinje states the best temperature for most plants is between 65-75°F. The plants should be okay if the temperature is above or below that target temperature as long as it does not exceed a 10° difference. If the plant is too hot it will be small and weak and if it is too cold the plant may have yellow leaves that fall off. These are signs to look for to see if the plants are thriving well in their environment.

Being aware of humidity levels is something indoor gardeners need to pay attention to. Winter tends to be a drier season than summer so humidity levels need to be monitored so plants won't dry out. Signs of a low-humidity are the tips of plant leaves turning brown, plants look withered and puckered and/or plants lose their leaves. According to Vinje, to increase humidity, plants can be misted daily. Plants can be placed close together to make a microenvironment or a humidifier can be placed nearby.

There are several ways to pot the plants. They can be put in soil that is specifically for indoor plants or done with hydroponics. Hydroponics is gardening without soil, and the nutrients are given directly to the plant. This method has the advantage of plants growing faster because the plants can easily access the nutrients and water they need to grow. Plants will start in a disease free environment and if they do get a disease it

will usually only be in one plant and not all of them.

Watering is a crucial part of growing healthy plants. It is better for plants to be watered with room-temperature water and not sit in water because that can lead to rot and disease. It can be tricky making sure they are not over watered or under watered. Using a finger to feel the soil is one of the best ways to see if the plant has enough water.

Vinje states that signs of over watering are wilting from the stem towards the leaves, the lower leaves dropping, discoloration and halting of growth. Signs of under watering are wilts along the outer tips of the leaves first, dry soil, brown edges along the leaves, wilting foliage and leaves or flowers dropping prematurely. Looking out for these signs is a good way to make sure the plants are staying healthy.

Having an indoor garden is a good way save money at the grocery store, liven up an apartment and make the air fresher indoors.

Link to the website used: <https://www.planetnatural.com/growing-indoors/>



Photo courtesy of Daderot via Wikimedia Commons

Even if you try your hardest, you're not likely to find yourself with Red Butte Garden's Arboretum overnight. But keep at it and you can have your own fresh herbs and vegetables in no time!

## CLUB RECOGNITION CELEBRATION



**FRIDAY, APRIL 7**  
**5:00 PM - 6:30 PM**

**STC OAK ROOM**  
TAYLORSVILLE REDWOOD CAMPUS



**RSVP on SLCCSync under Clubs for up to 3 members + 1 advisor**  
**DANCE BEGINS AT 6:30 - EVERYONE WELCOME**







Assistant Professor Virag White, honoring an SLCC student with her award.



Salt Lake Community College's 2017 Student Art Showcase is on display from March 31st to April 13th in the Multipurpose Room at the South City Campus. Students were allowed to submit entries based on one of six categories; Animation, Graphic Design, Illustration, Multimedia, Photography, and Web Design. This year's show had a quiet opening day before the official one, where awards were distributed to students for their work. The Multipurpose Room is open 8 a.m.- 8 p.m., Monday-Friday, and is free for all to attend. While the annual Student Art Showcase is by no means a unique event, the works displayed there are and are worth a look.



Professor Rob Adamson gave the opening speech at the SLCC Student Art Show Awards Ceremony.



SLCC' Student Art Showcase runs every year, attracting hundreds of entries. For some, this is their first chance to have their work viewed in public, while others are well on their way to becoming professional artists.





# Internships bridge classroom with the real world

**Hallee Booth**

Contributing Writer

Being able to gain valuable work experience in a program they are interested in and earn college credit at the same time is just wishful thinking for many college students. But the advisors at the Career and Student Employment Services office are there to help make that wish a reality.

Advisors are there to help students find internships for the program they are studying or are interested in. Students can also look for internships available on the Career and Student Employment Services website located under the A-Z index on the Salt Lake Community College web page. The internship opportunities are located with the other traditional employment jobs in the student jobs list. If a student finds an internship opportunity that interests them they can go talk with one of the Career and Student Employment advisors and the advisor will give them the employer information. The advisor can also help with resumes, how to approach an employer, and applying for the internship.

## Pros and Con of an Internship

Wendy Potter, Assistant Director of the Career and Student Employment Services office, says that some of the pros of an internship are gaining four months of experience that can be used on a resume because it is recognized as valid work experience, gives a student some time to explore the career and see if it's something they actually want to go into, and it helps to build a network of contacts in that line of work. A pro of doing an internship through the CSES office is that they make sure students are actually learning through the work they do during the internship and make sure they are not stuck doing grunt work.

According to Potter, a con is time. Many students go to work and go to school so it can be hard to find time to

do an internship as well. However, if the student is working in a field that relates to their degree program they can be a part of the co-op program and earn credit that way so they do not have to worry about adding an internship into their schedule.

## Paid Internship vs Unpaid Internship

"Sometimes expectations in a paid internship are going to be greater than they are in an unpaid," says Potter.

Some employers expect a paid intern to have more experience with a skill set than they would for an unpaid intern. Paid internships may be more competitive because employers are looking for interns that have a higher level of a skill set or already have some experience. With an unpaid intern, they are not expecting an intern at a high level in a skill set and they will help the student enhance their skills.

## How the Program works

Students that are interested in doing an internship and earning credit for it can go and talk to Potter to get started. The first step is to figure out where to credits will go and if they are needed because the credits cost just like any other course at SLCC, so Potter wants to make sure the credits are going toward the degree. The next step is talking about the expectations of the course such as, how it is an opportunity to learn something new, making sure the student can commit to the hours required to earn credit hours, and going through an orientation that lasts about an hour. During the orientation, students will learn how to write their learning outcomes where the goal is to learn something new from the

internship. The student will spend a week at their internship before writing their learning outcomes to make sure they are something that can be achieved. The learning outcomes are taken to the supervisor so they know what learning needs to happen for the student to earn credit.

The course is graded, 50% of the grade comes from the supervisor and 50% is graded from the SLCC faculty member that is a part of that program and the communication the student has with them.

The benefit of doing an internship through the CSES office is that the advisors are there to make sure the student learns during the internship and are not just doing grunt work the whole time they are there.

According to Potter job fairs are also an excellent place to look for internships at companies that are of interest to a student. It also helps students make relationships with people from companies they may want to work for.

For more information students can go to the CSES office at the Taylorsville Redwood Campus in the student center - STC 002, the Jordan Campus in HTC 164B, the South City Campus in I-061R, the West Valley Center, Tuesdays only, in SWV 155, or the Miller Campus, Tuesdays only, in MFEC 126.

Students can also visit their website: [slcc-creditfor-working-interning.weebly.com](http://slcc-creditfor-working-interning.weebly.com), for more information about intern courses, eligibility and registration, and more.



Government-run programs and offices are a great place to look for internships or volunteer work. It can be difficult, but even participating in an internship you do not enjoy can offer valuable experience.





The Bonneville Salt Flats, a long stretch of nothing to the west of Salt Lake City popular with movie crews and land speed record holders alike. The Flats are also where SLCC's own Rocket Boys and girls will launch their work into the October Sky.

## Students experiment with new ways to get high

**Tamara Estey**

Staff Writer

Students for the Exploration and Development of Space met on Friday to discuss plans for an upcoming solid fuel rocket they are designing for a competition. The rocket is designed to be several pieces that break away as it gains altitude. The final design is aiming for a slender, tall build made of light-weight materials.

In an interview with club founder and treasurer Elliot Befus he explains that when the rocket gets to a certain height the altimeter sends an electrical short to a gunpowder deposit which causes the different segments of the rocket to separate. Before separating the individual pieces are held together by pressure from the top of the rocket, this is done so that when launched the pieces will easily break apart. The target height they are aiming for is a minimum of 3000 ft. It will be in the air for a short period of time, roughly a minute. The club has partnered with the Utah Rocket Club to launch their rocket at an event held at the Bonneville Salt Flats in mid-October, and all are welcome to observe.

The club is also working on another project, the Micro G. They have been working on the Micro G since August, and will be taking it to a competition hosted in Houston by NASA. The tether needs to resist up to 15 lbs. for the competition and the clubs tether exceeds the requirements by resisting up to 100 lbs. The Micro G is a type of anchor that is designed to be used on the surface of asteroids. Asteroids are mainly

made of loose sand and rocks that are held together by gravity. The design is a reusable pole that deposits a 3D printed single use drill piece into the ground. The drill piece has a cord attached so objects can be tethered and secured in place. The drill is not meant to be removed, it has been designed for use by astronauts going on space walks.

The club is relatively new, just starting in January. They hope to do more projects that fall in line with the interests of the members related to space exploration, space science, or engineering. Touring facilities and guest speakers are some of the future events that Befus says he would like to see happen in the future. Befus explains that some benefits to the club would be learning about a very exciting and rapidly growing industry full of opportunities, to get a foothold in the industry by gaining experience, participating in engineering projects that can look great on a resume, and take students in a rewarding direction.

This upcoming Friday the club will be meeting to fire experimental motors for the rocket using sugar and potassium nitrate. The club meets every Friday in the SI building room 060 at 3:00 P.M. until 5:00 P.M. All students are welcome to join meetings regardless of major or knowledge level. The club will be fundraising to help with the costs of materials.

For the rocket and any donations can be directed to [ebefus@bruinmail.slcc.edu](mailto:ebefus@bruinmail.slcc.edu).



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