

# THE GLOBE



STUDENT VOICES AND VIEWS FOR THE SLCC COMMUNITY

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

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**Wednesday 13**

### Last Day to Drop Classes with 100% Refund

**When:** All Day  
**Where:** All Campuses

### Multicultural Student Meet and Greet

**When:** 11:00 am - 4:00 pm  
**Where:** TRC: SC 236

### Club Rush

**When:** 11:00 am - 1:00 pm  
**Where:** SCC: East Entrance

### Constitution Day Celebration

**When:** 11:00 am - 1:00 pm  
**Where:** TRC: SEC

**Friday 15**

### Photo Utah EDU Art Show

**When:** All Day  
**Where:** SCC: Eccles Gallery

### Photo Utah EDU Art Show Conference

**When:** 9:00 am - 9:00 pm  
**Where:** SCC: Multipurpose Room

### Free Yoga Class

**When:** 12:00 pm - 12:50 pm  
**Where:** TRC: LAC 124

### Basketball Pick-Up Games

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

### Movie Night - Wonder Woman - Starts at Dusk

**When:** 7:00 pm - 10:00 pm  
**Where:** TRC: West Lawn

### Always... Patsy Cline

**When:** 7:30 pm - 9:00 pm  
**Where:** SCC: The Grand Theatre

**Saturday 16**

### Always... Patsy Cline

**When:** 2:00 pm - 3:30 pm  
**Where:** SCC: The Grand Theatre

### Always... Patsy Cline

**When:** 7:30 pm - 9:00 pm  
**Where:** SCC: The Grand Theatre

**Monday 18**

### Disability Awareness Week

**When:** All Week  
**Where:** All Campuses

### Photo Utah EDU Art Show

**When:** All Day  
**Where:** SCC: Eccles Gallery

### Student Panel - Life w/ a Disability: Students Share Their Stories

**When:** 12:00 pm - 1:00 pm  
**Where:** TRC: SEC

**Tuesday 19**

### Photo Utah EDU Art Show

**When:** All Day  
**Where:** SCC: Eccles Gallery

### Youngman Scholarship Fundraising Breakfast

**When:** 8:00 am - 9:30 am  
**Where:** TRC: SC Oak Room

**Thursday 14**

### Photo Utah EDU Art Show

**When:** All Day  
**Where:** SCC: Eccles Gallery

### Club Rush

**When:** 11:00 am - 1:00 pm  
**Where:** TRC: West Patio

### Photo Utah EDU Art Show Opening

**When:** 5:30 pm - 6:30 pm  
**Where:** SCC: Eccles Gallery

### Always... Patsy Cline

**When:** 7:30 pm - 9:00 pm  
**Where:** SCC: The Grand Theatre

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

## Existential Concepts Having Existential Crises



Wiley Jay

# ePortfolio a **valuable platform** to showcase student work

**Michelle Saucedo**

Contributing Writer

The ePortfolio, while required by Salt Lake Community College, is also a tool to help students achieve success. An ePortfolio consists of a website in which students archive selected assignments, reflections on their education, and list their educational and personal goals.

“[The ePortfolio] helps students engage in technology learning, and can also be used as a resume for potential employers,” says Joel Kongolo, a lab specialist at the ePortfolio center. “Those are the two major things. SLCC requires it for General Education, but you can do it for the required classes [of your specific major]. The classes can [then] be used as a resume.”

In previous semesters, the ePortfolio lab used different websites to create the portfolio. Weebly.com was one site suggested and liked by students. However as of Fall 2016, a new system known as SLCC Digication has become the standard.

Compared to previous sites, SLCC Digication has several premade layouts available. Students simply remove the pre-existing content, such as tutorials and example paragraphs, and insert their own information.

To facilitate the ePortfolio process, SLCC has resource labs where

students can receive help. ePortfolio labs are located at three campuses: Taylorsville Redwood Campus, Jordan

Campus, and South City Campus. Each location offers services to develop ideas and assist with the portfolios and reflections. Students and faculty can also request workshops.

“Students can come in any time,” says Kongolo. “We are open to every student; they can [all] come in and get help.”

To reserve or schedule an appointment, visit [eportresource.weebly.com](http://eportresource.weebly.com), and select the lab information tab where you can arrange to meet with lab specialists. During the visit students can start their site, upload assignments, customize the layout and links, and, most importantly, understand the purpose of the ePortfolio.

Many students readily admit to not knowing exactly how an ePortfolio bolsters their educational careers.

Although students may not be fully behind it, the idea is straightforward. ePortfolios help students create a place to document and reflect on their work. Besides being a space to archive the student’s best work, it can also be used as a reference to demonstrate such work.

Student resources can be found at [eportresource.weebly.com](http://eportresource.weebly.com), which contains online tutorials for students that can’t visit the lab or who are more comfortable building the site by themselves. For more information, contact ePortfolio coordinator Emily Dibble [emily.dibble@slcc.edu](mailto:emily.dibble@slcc.edu) or by phone at 801-957-3706.

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# Free Food Access for SLCC Students and Staff

By Erin Sanders

Staff Writer

Do you find yourself at the grocery store hoping that the things you have picked up will stay within the budget you have set for yourself on that trip? As you approach the checkout line, you start thinking about which things could go if they need to? Say bye-bye to penny pinching and hello to the Bruin Cupboard!

Here are what some students at Salt Lake Community College had to say about the Bruin Cupboard: “I’ve heard of it, but I haven’t gone in and checked it out. I think it’s a great resource for broke college students like myself.”

Another student talking about what they have heard says, “Yes, I have heard of the Bruin Cupboard, and I use it one to two times a month. I usually go in for canned food and dry cereal because it’s easy for me to make. I like the items they provide and offer because they are simple and easy.”

Students also find the Cupboard beneficial for not only themselves, but their siblings as well, discovering that it helps them financially when they are struggling to make ends meet.

Let’s take a closer look at what all of this means. Not only available to students of SLCC, staff can take advantage and start saving. The Bruin Cupboard has locations in both South City Campus and Taylorsville

Redwood Campus with one on its way to Jordan Campus. You can find an assortment of items, not just canned foods and non-perishables, but also fresh garden veggies, and even personal hygiene items, depending upon availability. There are also options for those who have vegan and vegetarian restricted diets.

The Bruin Cupboard at South City Campus is located on the main floor room 1-061D, right around the corner from the Financial Aid office. Their hours of operation vary according to volunteer availability who consist mostly of students needing volunteer hours to retain their scholarships, but they are also open to anyone else who would like to help.

The Pantry is open Monday’s, from 8am-5pm, Tuesday’s from 8am-3pm, Wednesday’s and Thursday’s from 8am-4:30pm and Friday’s from 10am-3pm. Don’t fret if these are not hours you can make, help can be found at the Student Services desk as well. Simply go and ask someone there about the Bruin Cupboard and they can let you in.

Each student is allotted to fill up to four bags a month, regardless of bag size. All you’ll need is your SLCC OneCard to gain access and to fill out a simple registration form your first time.

Erasmo Martinez, a fresh volunteer to

the program, says that the main changes this year are the new location, which is larger and more conducive to accessing food, with new fridges to keep produce fresh as well as meat when it is available.

If you would like to make donations to the Cupboard, they always accept things like canned meats, bread, ramen, produce, eggs, hygiene items, toilet paper, or even your time. You can call them at 801-957-3005 for more information.

There are further resources the state has set up if you or your family find yourself in more need than what is provided on campus, in the form of the Utah Food Bank. They have many locations throughout the valley and corresponding times of operation. For more information check out their official site at [utahfoodbank.org](http://utahfoodbank.org).

Photos by Alvin Cotton



Look good? Remind you of your empty shelves at home? Stop by the Bruin Pantry at Taylorsville Redwood or South City today!



# Balance is key on the **tightrope** of life

**Annalise Skinner**

Opinion Writer

I am an occupational therapy student. In this case occupation refers not to for-pay professions, but to all parts of daily living, including work, leisure, play, and social interaction. I have been taught to help my clients understand the importance of balancing their daily occupations, while taking time to enjoy themselves and recuperate.

“Occupational therapy rests on the belief that a balance of self-care, play, work, and rest is essential for healthy living,” reads “Occupational Therapy International,” a textbook assigned as part of my studies. “Occupation is the means by which balance is achieved and physical and mental wellbeing is attained.”

It is easy to advise others on healthy living but harder to take your own advice. As a student, I have become so focused on what I am learning and how I can apply it to working with clients, that I have forgotten that this information can be applied to my own life.

It can be difficult to manage my schedule within such a demanding program. I spend hours at school and have to find time to work,

complete homework, and perform that rest of my daily occupations, much like every other student. When I have the desire to do something fun or take a break, I find myself feeling guilty for doing something pleasurable because I have

homework and other responsibilities that are more important.

Time management is important in balancing occupations. Keeping a schedule, prioritizing, setting goals, and avoiding perfectionism can also be very beneficial and help to reduce stress.

It is also important to set aside time for yourself; exercise, time with friends and loved ones, forgetting about work and school and allowing yourself to watch a movie, play a game, or just relax. Taking short breaks during homework sessions for leisure activity, exercise, or socializing with friends is something that will actually increase efficiency.

These life stressors do not end upon graduation. By learning to manage stressors and balance occupations now, it will be easier to transition into the work force in the coming years and maintain job satisfaction.

I  
feel  
time.

so  
sorry  
for  
killing  
your  
daughter.

## Club Rush

**Tuesday, September 12**

11am - 1pm

**Jordan Campus**

The Quad

**Wednesday, September 13**

11am - 1pm

**South City Campus**

East Entrance / Forum

**Thursday, September 14**

10am - 1pm

**Taylorville Redwood Campus**

West of the Student Center

ALOHA

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IS DRUNK  
DRIVING



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