

# THE GLOBE

STUDENT VOICES AND VIEWS FOR THE SLCC COMMUNITY



## Disability Awareness Week

What you missed, Pg. 6

Prop 2

Utah's upcoming controversial bill, Pg. 4

Queer Student Association

"A safe place for queer people", Pg. 9



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

## ALL WEEK

### 'GRIP' Gallery Exhibition

**When:** All Day

**Where:** South City Campus, George S. & Dolores Doré Eccles Gallery

### Native Voices Exhibit

**When:** All Day

**Where:** TR Campus, Markosian Library, Main Floor

### SLCC Library Services Giant Book Sale

**When:** All Day

**Where:** South City and JOR Campus

### 'Modern Botanicals' Gallery Exhibition

**When:** All Day

**Where:** LED Exhibition Wall, South City Campus

### Semester Film Screening: Pulp Fiction

**When:** 7 pm - 8 pm

**Where:** South City Campus, Screening Room

## THURSDAY 27<sup>th</sup>

### LGBTQ+ Coffee Chat with Diana Wilson

**When:** 12 pm - 1 pm

**Where:** TR Campus, STC 236

### DWS- King's English Group

**When:** 6 pm - 7:30 pm

**Where:** The King's English Bookshop

### SLCC Men's Soccer v. College of Southern Nevada

**When:** 3 pm - 5 pm

**Where:** Herriman, Zions Bank Stadium

### SLCC Women's Volleyball v. Snow College

**When:** 7 pm - 9 pm

**Where:** TR Campus, Bruin Arena

## SATURDAY 29<sup>th</sup>

### SLCC Women's Soccer v. College of Southern Nevada

**When:** 11 am - 1 pm

**Where:** Herriman, Zions Bank Stadium

### SLCC Men's Soccer v. College of Southern Nevada

**When:** 1 pm - 3 pm

**Where:** Herriman, Zions Bank Stadium

### SLCC Women's Volleyball v. College of Southern Nevada

**When:** 3 pm - 5 pm

**Where:** TR Campus, Bruin Arena

## WEDNESDAY 26<sup>th</sup>

### Multicultural Student Meet & Greet

**When:** 6 pm - 8 pm

**Where:** TR Campus, Office of Diversity and Multicultural Affairs- Student Center, STC- 23

### Dolores - Film Screening

**When:** 6 pm - 7:30 pm

**Where:** South City Campus, Multipurpose Room

## FRIDAY 28<sup>th</sup>

### Grant Writing Advanced Practice

**When:** 11 am - 1 pm

**Where:** CWC, 210 East 400 South #8

### SLCC Women's Soccer v. College of Southern Nevada

**When:** 1 pm - 3 pm

**Where:** Herriman, Zions Bank Stadium

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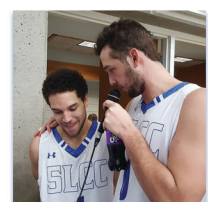
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>> For more information on these events, please visit [www.globeslcc.com/calendar](http://www.globeslcc.com/calendar) <<

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# Orthorexia Nervosa: an increasing concern for students

## Letter to the Editor

Stephanie Jackson

Since 1997 when the term orthorexia was introduced, mental health professionals haven't quite known how to classify it: as a disordered eating pattern, as its own disorder, or as a sub-type of other disorders like avoidant restrictive food intake disorder (ARFID) or eating disorder not otherwise specified (EDNOS), or as a type of obsessive compulsive disorder (OCD).

However, interest in extreme diets is trending, according to Google Trends. Since 2004, the first year of statistics available, the term "vegan" has increased in popularity by 4.33 times or 333 percent. Extreme dieting increases a person's likelihood of developing an eating disorder by 18 times, so with the increasing popularity of extreme dieting comes the corresponding increase in eating disorders. With food sensitivities also on the rise, more and more people are concerned with eating healthful, "safe" foods. As of 2015 and 2016, 40 percent of Americans are obese, and many more are overweight. This obesity epidemic contributes to more people dieting generally. Orthorexia, which is obsession with healthful eating, has not been studied enough to generate prevalent statistics among the general population and on campuses; however, all trends point up.

College students are at increased risk for developing eating disorders for several reasons. Aside from genetics, the three main factors in developing eating disorders are a person's environment, emotional health and feeling pressured by peers, according to the National Alliance on Mental Illness (NAMI). Especially for 18-21 year olds, junior college or university can be a difficult transition; however, stress rates for college students—regardless of age—are high. It is estimated that between eight and 17 percent of college students have an eating disorder. Twenty-five percent have a diagnosable mental illness, and 40 percent of those who need it do not seek help. Eighty percent of surveyed students reported feeling overwhelmed by their responsibilities and 50 percent become so anxious that they struggled in school.

College is the perfect petri dish for growing mental illnesses. As it turns out, orthorexia is a co-occurring pathology that usually presents with depression or anxiety.

Women are particularly likely to express body dissatisfaction, to overestimate body fatness and ultimately, twice as likely to diet. Some studies have also shown that men are less likely to follow diets, even when they are medically prescribed. Women are therefore also at increased risk for eating disorders, at a 4:1 ratio. However, when it comes to orthorexia specifically, preliminary studies actually show male prevalence or no gender disparity.

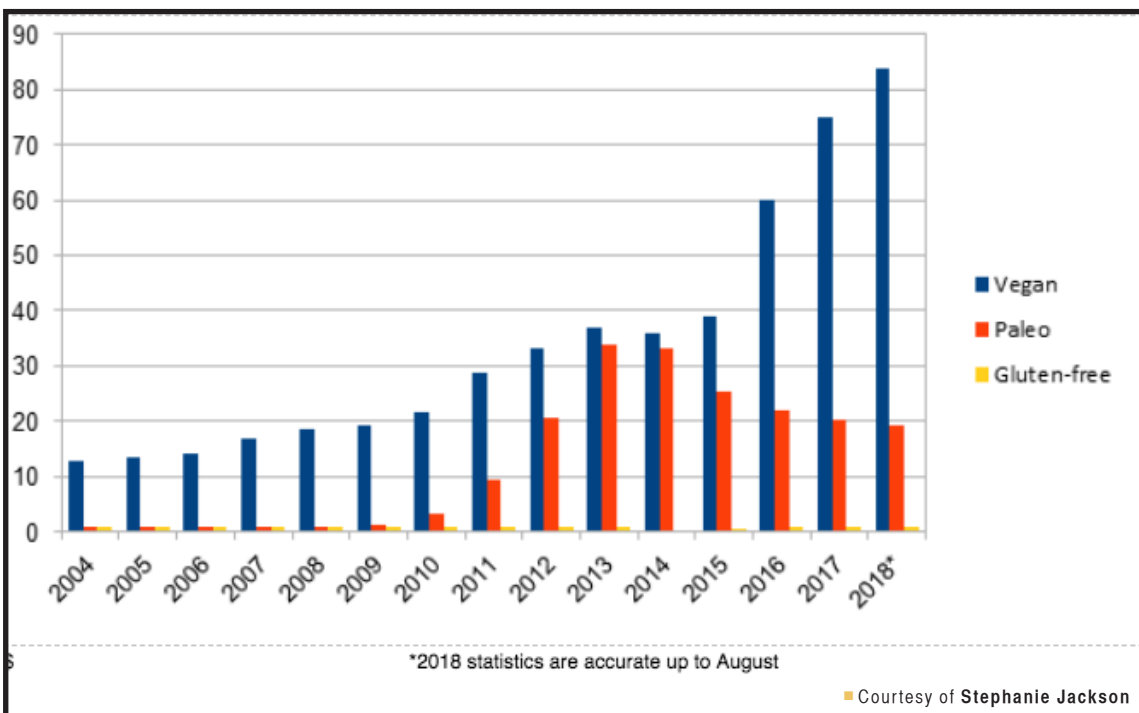
Because people with orthorexia seem normal, or even more knowledgeable than the everyday eater, it's sometimes hard to identify them. Their actions may be normal, but it's the mental component—the inner talk and thinking patterns—that make the issue. Compulsion to eat "clean," a term which means something different to each sufferer, controls his or her thoughts for hours of the day. The most noticeable symptom is the social isolation that results from following restrictive diets. Someone with orthorexia will do things like bring their own food to an event, eat before the event, leave before food is served or simply not attend. Even though he or she may realize it would be difficult for others to accommodate, it's just too hard to actually "compromise" their food intake. Like people with anorexia, people with orthorexia like to feel in control. Anorexics worry about the quantity of food intake, whereas orthorexics worry about the quality of their food.

Orthorexia is a concern for college students because it affects their budgets, for one. The GMO-free and organic food movements have further fogged up the meaning of healthy eating, confusing more people into needlessly paying more for and worrying more about their food. The cost of "clean" food can be quite high. Orthorexia worsens with social media usage. In an age when "snackable content" such as memes and infographics are a primary communication method, much is lost in translation.

Social media platforms are known to reinforce a person's already-held beliefs through content-relevance algorithms which pitch people all of their favorite truths and fallacies. These algorithms create "epistemic bubbles" in which information is laundered and expert opinion is valued the same or less than an average Joe's anecdote. Orthorexia is far-reaching because it affects a person's feeling of normalcy and extremity. To someone with orthorexia, they are normal, and everyone else is crazy or ignorant. It's its own little terrifying wonderland, under the guise of a healthy daydream.

To learn more about orthorexia, visit Eating Disorder Hope. If you think you might have a disordered eating pattern, an eating disorder, depression or another mental illness, get help. Salt Lake Community College offers low-cost counseling to students and faculty at three campuses: Jordan (801-957-6211), Redwood (801-957-4268), and South City (801-957-3323); call to make an appointment.

The National Alliance on Mental Health will be at the Miller campus on October 24, 2018 for their State Conference. Student registration is \$35, or if you can't afford that, fill out the scholarship application by October 1st.



Statistical data shows the rise of Orthorexia Nervosa over the past few year.



# Prop 2 and You

**Elijah Earl**

Staff Writer

Medical Marijuana may be coming to Utah this November in the form of Proposition 2. A majority of Utahns have shown support too, with current polls estimating that around two-thirds of the state will vote in favor of the measure.

Proposition 2 would allow for patients to receive a marijuana card recommended to them by a licensed physician.

These cards would allow for the patient to buy up to two ounces of unprocessed cannabis over a 14 day period and use said cannabis as long as it's not being smoked.

One group lobbying in support of Prop. 2 is "NORML" or The National Organization for Reform of Marijuana Laws. When asked why it has been such a struggle to legalize medical Cannabis NORML Deputy Director Paul Armentano stated that "This measure is on the ballot because lawmakers in Utah have been reluctant in moving forward with the legislation of medical cannabis". He added "This should've been a matter for lawmakers who have had ample opportunity to act, and they've punted it every time".

Movements to legalize medical medicinal cannabis started in 2015 when Senator Mark B. Madsen tried to pass a law that would let patients with certain diseases use the plant to treat their ailments. While the bill failed it showed that the days of medical marijuana being completely off the table in Utah were over.

When asked where the stigma around marijuana comes from, Paul Armentano said "In my opinion it's largely cultural, the opposition in regard to marijuana is based on rhetoric and stereotypes instead of science and evidence." NORML Plays a role in eliminating these stigmas by advocating "the science of cannabis" to people in an effort to change these stereotypes.

However, not everyone is in favor of Proposition 2. In a statement made by the group Drug Free Utah, they said "We do not object to marijuana derivatives being used in medicinal form — so long as appropriate controls and safeguards are in place to ensure vulnerable populations are protected and access is limited to truly medicinal purposes." Others opposed to Prop. 2 Include The Church of Jesus Christ of Latter Day Saints, DARE Utah, and Governor Gary Herbert.

Opponents point to increased marijuana usage amongst youth and an increase in DUI's in states where the plant is medically legal as reason to vote no on Prop. 2. Most opponents to the bill aren't entirely against the medical use of cannabis, but instead cite a lack of safeguards in Proposition 2 as their reason for urging Utahns to vote no.

In an email to its members earlier this month the LDS church said that the bill creates a "serious threat to health and public safety, especially for our youth and young adults."

SLCC Student Tristan Grant suffers from chronic back pain and has been prescribed medicinal cannabis in states such as Colorado in the past.

He says he supports the bill because "having cannabis legally available in Utah would be a lot easier than travelling to Colorado whenever I really

need it".

Tristan is in a large group of Utahns that are legally prescribed marijuana for their pain in other states, but simply cannot obtain it where they live.

What do you think? Will you be voting in support of Proposition 2 this November? Tweet your opinions to @GlobeSLCC using the hashtag #SLCCProp2 and make sure to vote this November!

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# BRIDGING THE ARTS AND SPECIAL NEEDS

**Chandler Madray**

Staff Writer

Salt Lake City Community College's Disability Resource Center kicked off its Disability Awareness Week from 9/17 through 9/21. This week looks to provide several daily events and exhibits to showcase the idea that disabilities can be a part of many different people's lives.

Accommodation specialist, Jaimie Bird, says of disabilities on campus, "While we do serve many students with visible disabilities, the majority of our students have silent disabilities, which are ones that are not visible to everybody." Along with showing the larger presence of disabilities than many people believe, the week of events is also an advertisement for SLCC's own DRC to show that students with disabilities have a place to go, with an abundance of resources to help them.

The first event of the week was the documentary film, Autism in Love. This film was included in Sundance Film Festival and was shown at SLCC's very own Student Event Center, at Taylorsville Redwood Campus. The event had an inviting atmosphere, with pizza and drinks offered for attendees. The film showed the idea that love can be felt and expressed in different ways for people who are on the autism spectrum.

SLCC student, Preston Truett expressed his pleasure with the film by saying, "The film really opened my eyes to the different ways people with autism can express their feelings. It was also a very well-made documentary, it is very easy to see why it was included in Sundance." Overall the film was well received by attendees, and served as an eye-opening experience to some, who were unaware of how people with autism live their lives.

The second event of the week was the assistive technology fair, held at South City Campus. This fair showcased many different forms of assistive technology, which can be used by students with disabilities in the classroom, and even in everyday life. Some of these technologies included the software KURZ WEIL, which works as a textbook and test reader, used by students with vision impairments. Along with this the fair included many different types of screen readers and smart pens, some of which are available at the DRC. Overall the fair was able to advertise not only technology resources provided by the DRC, but also technologies available for everyday life, which the students can purchase away from SLCC.

The third event of the week was a keynote speech, by Stephanie Matthis, who serves as the executive director of the Sego Lily Center, here in Salt Lake City. Held at Taylorsville Campus' Student Event Center, the speech was titled "Deaf and Dance" and detailed her own work with using dance as an outlet, for people with hearing impairments. DRC administrative assistant, Kirstin Hoyt refers to the topic as "Matthis wants to show through her own experience with hearing impairment, that dance can be an outlet, and that hearing-impaired people like to dance too." The speech was received well, and hopefully showed students living with hearing impairment a different outlet or avenue for expression.

The final event of the week was a talk by artist Cara Jean Means. Her artwork series GRIP: Conversational Paintings on Mental Health, has been on display at the South City Campus. Her discussion was aimed to explain the context of this artwork series. This context is explained by Means, to be a "removal of the faces people with mental health impairments wear, in an attempt to show their true emotions and feelings." Along with the paintings, were thought provoking questions, to allow the audience to join in this mental health dialogue, on their own. This artwork series works to remove the silence of these mental health issues and give a voice to those suffering.

Overall the Disability Awareness week, worked not only to change perceptions surrounding mental health, and disabilities, as mentioned last week, but also give attendees outlets for expressions, and examples of resources available to them. The Disability Resource Center has done an incredible job coordinating this event, and should be applauded for the resources and availability they give students here at SLCC.



Disability Awareness Week connects students to plenty of resources.



Better Here, 2017 and Strange Bedfellows, 2018



The DRC also coordinates with community partners.



# SLCC continues to **expand**, new campus on the way

**Camryn Jensen**

Staff Writer

Recently a new addition has been added to The SLCC family. The old City Hall building has been transformed into an awesome new campus. "Herriman City is very excited about the possibility of a campus within our community". The city hall was transformed into a new campus and officially opened on August 22nd of this year and is at the city hall building until the other campus will be developed. They are trying to build a bigger and better campus by next year.

Currently the building has eight class rooms and a staff of 10 professors and the classes that are being offered are Biology, writing classes, communication classes and math classes as well as psychology classes. They are also offering a wide array of programs for students. These include a partnership with the University of Utah to help students transfer easily over to the college, ITT and Software Development, Life Sciences and Financial advising. More great features include, free parking for all students, a student service area that will provide students with help on advising, registration and other things, full faculty support as well as counseling and student advising and student study spaces.

The reason behind the new campus was because the Jordan Campus was at capacity and they wanted to make it easier on students who travel from Herriman to the campuses in the valley. With the rapid growth in population in Utah, this will help accommodate those who live in that area.



**The new campus opened its doors on August 22nd, 2018**

"The College owns 90 acres in Herriman and that will one day be the home of a SLCC campus. The College is in the process of requesting funds from the state to build on that site", said the Vice President for Student Affairs and Enrollment Management, Chuck Lepper. It is a great addition the college and many students are expected to attend, although this campus is still new, it has had a great response in the community, currently about 1,000 students are attending.

The new Juniper Canyon Campus will take some time to develop next year, the goal of this new campus is to establish an easier way for students who live out of the Salt Lake Valley to get their education. It is expected to be almost as big as the Taylorsville campus with 90 acres and 85 thousand square feet. This will be a great new addition to the college and it will help many students.

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**QSA: SLCC's home for LGBTQ+ students**

**Austin Brewer**

### Contributing Writer

Formally known as Rainbow Pride and Coloring Outside the Lines, the Queer Student Association is, first and foremost, a “safe place for queer people” according to its current president, Kyne Drystan. With a member base of more than 15 students, the QSA is in search of fresh faces. “The Queer Student Association is here for the LGBTQ+ community,” Kirsten Allred, QSA secretary, says in an email. “[It] is a place for acceptance and support when someone feels like they cannot find those elsewhere.”

Beyond events, volunteering and social gatherings, Drystan wants the club to spread awareness and tolerance to anyone willing to listen. Meetings, Drystan says, feel more like get togethers with friends. The club and meetings, he said, are a way for students to “be themselves, unfiltered” in college.

“When we had summer meetings, they would end at 3 o’clock, but most days they would continue until 4 or 5 just because we kept talking,” Drystan says. It gives queer students a way to be “themselves, unfiltered”. Allred, reaffirms this mentality saying that QSA “feels like family”.

“The first club meeting I went to, before I was involved, was just a room full of white gay guys – and I just felt I didn’t belong, so I turned around and left,” says Drystan. He was looking for a group who would understand what he was going through, being an openly transgender man, and worried he wouldn’t find it there.

Drystan hopes that diversity will help avoid anyone feeling how he did at his first meeting. He wants a focus on recruiting diverse members this semester but still welcomes all LGBTQ+ students and their allies at SLCC.

“We have gone through so many name changes, the constitution still references those old names, and that needs to change,” Drystan explains. “We aren’t really sure what we have planned yet but, I really want to cement our club constitution this semester”

He also said club members have plans to volunteer with Gender Revolution, a local LGBTQ+ awareness organization, and observe Transgender Day of Remembrance in November by holding a meeting on it. It is a day pairing well with Drystan's message of diversity this semester, that memorializes those who have been murdered because of transphobia.

Drystan is happy to see a supportive staff and culture at Salt Lake Community College. While he says transparency and access to information need to be improved. Having a club landing page with all the needed documents to form a club on the SLCC home page would be welcomed, Drystan says it's important, "the school allows us to be there."

In his experience, he says, this is not always the case. “I’m pretty sure my wife and I were the only queer people in [our high] school,” Drystan says, noting harassment and bullying led to him dropping out. “We weren’t allowed to have a gay student association or club there.”

Stories like his are all too common, Drystan said, and underscore the importance of these clubs as a way to make connections and share experiences. Club meetings at the Queer Student Association are held in the basement of the Taylorsville-Redwood Campus in Den 1 or Den 2 at 2 p.m. on Mondays.



**QSA members at 2018 Salt Lake City Pride; members from left to right: Emily Jessop, Jerusha Cobb, Cameron Everts, Krista Allred, and Kyne Drystan**



# Bruins **charging** through conference play

**Noah Lewis**

Contributing Writer

After a nine-game winning streak, the Salt Lake Community College men's soccer team fell for the first time this season to undefeated Snow College Friday, 3-2. Still, the Bruins have rumbled through the Scenic West Athletic Conference with a 10-1 record.

That success is no surprise to Head Coach Mark Davis. Only in its third season as a National Junior College Athletic Association program, SLCC men's soccer has always been primed for success, he said. "When we received full funding in 2016 and became an NJCAA program, we already had all the tools we needed," said Davis, noting SLCC soccer was only available at the club level before then.

The secret, he said, revolves around doing whatever's possible to improve on and off the field, every day.

"We focus on family, doing the right thing and winning the day," Davis explained, adding that an emphasis on character and strong work ethic are also drivers of the team's success.

"We like to recruit players who want be here and who want to work hard," said Davis.

Assistant Coach Drew Hanna reiterated Davis' remarks saying, "Everyone gets up in the morning and puts their pants on the same way, but these players simply want it more and they're willing to do all the little things that lead to dominant performances on Friday and Saturday."

Though the goal every year is to compete for the SWAC, Region 18 and NJCAA championships, both Davis and Hanna continue return to the team's ethos of discipline.

"We try not to get ahead of ourselves and we try to treat every single game the same," Davis said. Considering the level of talent in the SWAC, it's imperative the focus only be on competing in the next game, emphasized Davis.

The team has standout players like SLCC freshmen, Enoch Mushagalusa and Innocent Twishime, respectively with 18 and nine goals in nine games.

Davis offers that the team's cohesion is another fundamental component of its success, though.

"We don't do anything different in terms of tactics, but the team meshes really well and that's what's important," he said.

Hanna also suggests the team's dominance can be attributed to every player's desire to push themselves and their teammates.

"Most players switch off at some point but these players don't. They keep hammering away at each other, trying to make the team better every minute of every practice," Hanna said.

Though the Bruins lost to the Snow College Badgers Friday, the team pushed past the Badgers on Saturday with a nail-biting 1-0 win.

The Bruins face the College of Southern Nevada, with a 6-1-1 record, on Sept. 28 and 29.

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