

# THE GLOBE



STUDENT VOICES AND VIEWS FOR THE SLCC COMMUNITY



## Women's March

Hundreds gather at Utah capitol building for equality, Pg. 4

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**Seasonal Affective Disorder**

Cold isn't the worst thing in winter, Pg. 6



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

## ALL WEEK

### SLCC Photo & Fine Art Alumni Exhibition

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

### SLCC Student Art Showcase Poster Design Contest

**When:** All Day  
**Where:** South City Campus, Room 2-177

### MLK I Have A Dream Display

**When:** All Day  
**Where:** TR Campus, South City Campus, JOR Campus

### Fashioning Our Environment

**When:** All Day  
**Where:** TR Campus, Markosian Library Main Floor

## THURSDAY 24<sup>th</sup>

### Thayne Center MLK Day Service Project

**When:** 11:30 am - 1 pm  
**Where:** JOR Campus, HTC Building First Floor

### Office of Diversity & Multicultural Status of a Dream Panel (MLK Event)

**When:** 12 - 1 pm  
**Where:** TR Campus, Student Center, Oak Room

### Black Student Union Meeting

**When:** 12 - 1 pm  
**Where:** TR Campus, Student Center, Room 121

### Improv Club

**When:** 4 - 5 pm  
**Where:** South City Campus, Black Box Theatre

### Resource Fair

**When:** 5 - 7 pm  
**Where:** West Valley Center, Main Lobby

### Global Connections - Student Leadership Club

**When:** 11 am - 12 pm  
**Where:** TR Campus, STC 236

### Resume & Cover Letter Workshops

**When:** 6 - 8 pm  
**Where:** CWC 210 E. 400 South #8

## FRIDAY 25<sup>th</sup>

### Thayne Center MLK Day Service Project

**When:** 1 - 4 pm  
**Where:** Maliheh Clinic, 951 East 3300 South, SLC

### Bruin Robotics Club

**When:** 8:30 - 10 am  
**Where:** TR Campus, Dumke Science Building, Room 101A

### Lucha Meetings

**When:** 1 - 2 pm  
**Where:** TR Campus, Student Senate Chambers

## SATURDAY 26<sup>th</sup>

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

**When:** 3 pm - 5 pm  
**Where:** Snow College, Ephraim

### SLCC Men's Basketball v. Snow College

**When:** 7:30 pm - 9:30 pm  
**Where:** Snow College, Ephraim

### SLCC Baseball v. SMCC

**When:** 12 pm - 3 pm  
**Where:** Snow Canyon HS, St. George

## WEDNESDAY 23<sup>rd</sup>

### Meet & Greet Open House School of Arts, Communication and Media

**When:** 9 - 11:30 am  
**Where:** South City Campus, East Lobby Conference Room, 1-110

### Anthropology Club

**When:** 2 - 4 pm  
**Where:** TR Campus, STC 236A

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

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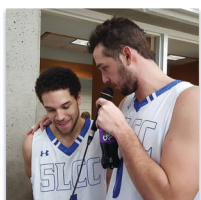
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# W. Kanmau Bell brings **wit and humor** to the Grand

**Chandler Mandray**

Staff Writer

Salt Lake Community College and Westminster College collaborated to present W. Kamau Bell as the keynote speaker for this year's Martin Luther King Jr. Commemorative Speech. The talk was held at South City's Grand Theatre, Jan 17, 2019.

The event kicked off with a soulful, two-song performance by the Salt Lake City Mass Choir. Bell, best known as the host of CNN's docuseries "United Shades of America", also recently published a memoir-style book, *The Awkward Thoughts* of W. Kamau Bell.

The purpose of the keynote speech was to discuss issues of diversity and multiculturalism prevalent in our country. With the aid of Bell's unique sense of humor and knowledge on these subjects, the speech was eloquent and thought provoking.

"W. Kamau Bell opened my eyes to the different issues our country is facing involving diversity and gave me the context to form my own opinion, all while being very funny throughout the evening," says SLCC student, Callah Davis.

Bell's primary theme throughout the evening was the idea of people going out and learning about the issues themselves, rather than just taking what's heard from others as absolute truth.

"Do not believe the hype, go out and meet the people involved with these issues, and form your own opinions," says Bell.

Throughout the speech, Bell used several different clips from United Shades of America to add visual context and provide a well-rounded view of the issues discussed, as well as the people involved. The clips ranged from his visit to the Arizona border town of Nogales to a nerve-racking interview with a group of Ku Klux Klan members, who were self-proclaimed progressives.

Bell's willingness to travel to the frontlines of these issues and report a non-biased perspective while maintaining a sense of humor has become his trademark.

■ Photo by **Matt Merkel**



W. Kamau Bell presented as keynote speaker for this year's Martin Luther King Jr. Commemorative Speech.



# A student led movement fighting for equality

**Keisha Finali**

Staff Writer [@asapkeish](#)

A girl sits on her dad's shoulders holding a sign that reads, "I am a girl, I am powerful, I am smart, and I am unstoppable." As he walks up Main Street to the Capitol building in downtown Salt Lake City, hundreds gathered around him. Holding banners with "Women's March 2019" written in bold letters. He's marching alongside the University of Utah's student-led political action group, People for Unity.

The Women's March has arrived and is stronger than ever.

Main Street echoes with loud, powerful chants of, "My body, my choice," "Women empower women," "Power to the people" and "Dump Trump." There are people of all ages, races and genders wearing pink hats and carrying posters, banners and flags in support of women's rights. The ambience of the crowd is strong, and everyone's energy bounces off the city walls.

Hundreds have taken to the steps of the capitol, side lawns and the front of the building to be seen and heard. People for Unity has gathered four speakers to represent them and speak to the crowd. One speaker is Salt Lake City Mayor Jackie Biskupski.

Biskupski made headlines in 2011 by becoming Utah's first openly gay Mayor and continues to do so with her policies on homelessness, economic development and community building. Biskupski spoke on her journey of being an LGBTQ+ woman in politics and how her policies come from a place of community, understanding and resilience, along with how others should not be afraid of their light and purpose.

The one of the other speakers was Mishka Banuri, an 18-year-old Pakistani-American woman, who was an organizer for the Utah People's Climate Change March and is an advocate for the South Asian population in Utah.

Jennifer Boyce, another speaker, is a Native American woman from the Oglala Lakota tribe, who spoke on the Missing and Murdered Indigenous Women epidemic.

Her work is in helping other indigenous families who have experienced the murder or

disappearance of family members.

She spoke on the importance of education, empathy and standing together as one.

The final speaker, Yolanda Francisco-Nez is the granddaughter of a Navajo Code Talker, is an advocate for Indigenous women and children and has worked for numerous boards on sexual assault, indigenous rights on land and discrimination in race and gender. Francisco-Nez was named in the Top 30 Women to Watch in Utah by Utah Business Magazine 2018.

"Regardless of our age, race, gender, any of that, we are here today for the same reason. To support one another and show the world that we are here for you, we are here for our future generations and we are here for those who don't support us," explains Francisco-Nez.

The speeches at the capitol ended with People for Unity expressing that the 2019 Women's March was put on by students from the University of Utah and to further support them, they can join the group, create groups at their school, and/or donate. The group also states that the most important thing to do is show up: at supportive demonstrations show up to class; and to the things that really matter to you.

After the march, Biskupski spoke about on Salt Lake Community College and University of Utah students participating in the demonstration with the People for Unity group.

"I've done a lot of work with SLCC, and it says it in the name: community. The students there and at the university have given me hope for future generations and without their support and work, our current government would not be where it's at today," she says.

Women's March 2019 was a movement meant to make waves for people all around the world, to empower our future generations and those around us, and to show the world we are stronger as one. If a group of students can make a stand and inspire fathers to bring their young daughters out and thousands of locals to support a cause on one day, then there is nothing but hope for the future.

■ Photo by Keisha Finali



People for Unity had four speakers to speak to the large crowd.



■ Photo by Keisha Finali

The 2019 Women's March was put on by students from the University of Utah and Salt Lake Community College.



# Opioid deaths rise as SLCC and Utah take aim at addiction

Noah Lewis

Staff Writer [@NCLewis221](#)

After having his wisdom teeth removed, Max Curtis was written a prescription for an opioid pain-killer known as Vicodin. Curtis, who was only 16 at the time, had heard that people developed uncontrollable addictions to the drug and found himself wondering why.

"I knew that it was supposed to feel good," says Curtis, a former Salt Lake Community College student.

Curious about the sensation or "high," he decided to take an extra dose.

"I was given a month's supply, so I started taking double the dose, and the addiction went from there," says Curtis.

From a doctor's prescription to buying pills on the street, the trajectory is tragically common for those who unwittingly fall prey to opioid pain killers.

"Everyone knew how bad these drugs were, but when a doctor prescribes them, it can inhibit you from viewing it as 'doing drugs,'" says Curtis.

When finding a doctor to prescribe opioids to sustain a habit isn't an option, many addicts turn to finding a fix through illicit avenues.

Buying pills illegally means relinquishing control over what's consumed or ingested, adds Curtis. In his case, one little pill marked to appear as a pharmaceutical opioid was more than what he bargained for.

"It had the markings of a prescription grade Percocet, but as soon as I took it, I knew something was wrong," recalls Curtis.

That night, what Curtis thought would be a brief respite from withdrawal symptoms, turned out to be a wake-up call. He lost consciousness and awoke hours later shaking, in pain and confused. Curtis knew he had taken a small dose of the deadly drug Fentanyl, a synthetic opioid 50-100 times stronger than morphine.

Curtis, who is now studying Chinese and International Relations at the University of Utah, looks back at that experience as a call for change in his life.

"That was it for me, but there are many out there who don't even get the chance to learn their lesson," adds Curtis.

His point hits close to home, as the opioid epidemic has had a notable impact on Utah.

According to FOX News, in October 2018 a federal grand jury handed up indictments in the case of a Cottonwood Heights Fentanyl distribution operation. The operation was considered one of the largest in the nation, responsible for the distribution of nearly a million fake pills, many of which were laced with Fentanyl. FOX News also reported that the mastermind of the operation, Aaron Shamo, was charged with 13 counts of aiding the distribution of a controlled substance that resulted in death.

According to Utah.gov, the state saw a 400 percent increase in opiate-related deaths from 2000 to 2015. When the Utah Department of Health received state funding to deal with the crisis directly, there was a glimmer of hope as opiate-related deaths saw nearly a 30 percent drop. When funding expired in 2014, however, that drop was erased by a 30 percent rise.

SLCC and Utah are doing what they can to combat the devastation the drug has caused nationwide. In a October 4th panel hosted by SLCC, Attorney General Sean Reyes notes that the State of Utah is currently filing a lawsuit against Purdue Pharmaceuticals, the makers of the opioid OxyContin, due to the addictiveness of the drug.

"We are suing a major manufacturer for perpetrating a fraud on the medical community, and the community at large, about the addictive nature of opioids," says Reyes.

The aim of the lawsuit is for the accused party, Purdue, to give funding for behavioral health services and rehabilitation facilities.

Reyes mentions that it isn't just pharmaceutical corporations that are responsible, though. Commercial distributors who facilitate the sale of opioids and a minority of renegade physicians are just as responsible. Reyes also calls on addicts stable enough in their recovery to reach out to those struggling with addiction issues.

SLCC has a bevy of counselors and social workers ready to provide support to those struggling with anything from stress, anxiety, to alcohol and drug abuse.

For more information on counseling and addiction resources visit the Center for Health and Counseling's website at [slcc.edu/chc](http://slcc.edu/chc).

■ Courtesy of Flickr.com



Currently the State of Utah is filing a lawsuit against Purdue Pharmaceuticals due to the addictiveness of OxyContin.



# Overcoming the winter blues

**Austin Brewer**

Staff Writer [@austinkbrewer2](#)

The Salt Lake valley's winter and inversion season is finally in full swing. With snowblowers revved up on the sidewalks and the air thick with the ever-present smog, some may begin to get the "winter blues" as spring crawls closer.

It's the time of year everyone seems to feel down or lethargic, trading outdoor activities for binging Netflix on the sofa. This feeling of exhaustion and loss of interest isn't normal though, it's a documented illness that affects 5 percent of Americans each year. Seasonal Affective Disorder, or SAD, isn't something discussed frequently in the valley, but its effects are well known.

As Darryl Godfrey, vice president of clubs and organizations at the student association, puts it, "without the sun and then the inversion, I just want spring to be here", he says. "If I could skip this time of year, I would."

His feelings of contempt for this frozen time of year aren't unusual. More than 3 million Americans deal with SAD during the winter and some are even at more risk than others. In fact, women make up four out of five of those affected, and the onset begins in young adulthood.

The onset of SAD begins between 20 and 33 years of age and can be triggered or compounded by other life stressors, like school. More than half the student population at SLCC fits this description. Symptoms of depression make it difficult to focus while in class and could seriously affect a student's ability to perform well.

"If you're going through mood changes, you might not realize what's going on. You'll be more susceptible to stress, and things seem magnified," says Scott Kadera, the counseling manager at SLCC. Kadera spent some time in Alaska, where SAD is even more prevalent. Studies show that the farther from the equator, the higher their risk of SAD. He says that in almost 30 percent of the people he spoke with, SAD seemed to affect their lives.

SAD is thought to be caused by a lack of light during winter months, which doesn't allow the brain to create necessary chemicals. Kadera advises students to come into the Center for Health and Counseling if they feel they are dealing with SAD.

"You'll get students who come in with that pattern of just struggling during this time of year," he says.

Godfrey echoes this by saying he's already referred a student to the center for counseling, and he expects to see more as winter continues.

"The semester just started, so we haven't seen much yet, but we don't usually have students coming in until late January or mid-February," he says.

Luckily, treating SAD can be simple. If someone is dealing with SAD using a lightbox, with a lux of 10,000, could be the key to feeling better. Kadera says spending at least 30 minutes outside in direct sunlight is ideal, but a lightbox is a good alternative if it has the current amount of lux.

Outside of light therapy, there are other options like therapy and medications to help overcome feeling depressed, if the situation requires. Dealing with SAD is common and treatable. If someone is feeling depressed regularly during winter, it may be worth taking a moment and visiting the Center for Health and Counseling to seek help.



Photo by Sheridan Patch

Turning to a friend for help can help in dealing with Seasonal Affective Disorder.



Photo by Austin Brewer

The SLCC South City Campus on a dark, winter day.



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