

Horizon

Vol. 88-89 No. 20
Monday, March 27, 1989

NEWS

Tuition goes up; Human Rights Day approved

Terry Birch
Staff Writer

The SLCC Institutional Council approved a 5 to 7 percent tuition increase that was required by the Board of Regents. Students will pay \$23 more for 15 credits. The average student who takes 10 credits will pay \$28 more beginning July 1. In addition, the council approved a holiday for Human Rights Day to be included in next year's calendar.

The Institutional Council assists the president in carrying out his responsibilities for the property, for the education, safety, and welfare of all persons admitted and enrolled, employed or otherwise entering the premises of the institution.

At the council meeting, which is held each second Wednesday of the month at 7:30 a.m. in room 266 of the College Center, the members discuss action items including council business, administrative services and consent calendar. They also report items such as the president's report, instruction, student services, development, calendar of upcoming events, and the agenda for the next council meeting.

Of the 10 members of the council, eight are appointed by the governor of the state of Utah. The president of the student body and the president of the student alumni association are the other two members. Chairman of the council is Joan Burnside. Michael Martinez is the vice chairman and Joyce Cottrell is the secretary.

Egg-citement at SLCC



Studentbody president Cameron Cooper launches an entry in the "egg drop" contest sponsored by Delta Epsilon Chi. See article on page 2.

Literary Club formed

Dana Snow
Horizon News Editor

There was an air of celebration as the SLCC Literary Club held its first official meeting March 9. By coincidence, shortly before the meeting, the first few copies of the Horizon Literary Journal arrived from the printer.

Although the club is not officially involved, many club members are contributors and/or journal staff members. One of the club's goals is to support the literary journal.

Open to all persons interested in writing and writers, the group will meet on the first and third Thursday of each month in the Student Center. The first meeting, to be held from 3:00-5:00 p.m., will focus on workshops, group discussions and club business. The second meeting, at 7:30 to 9:00 p.m., will feature readings by guest authors.

Officers were elected, dues established and committees formed in support of upcoming SLCC activities. The club will participate in Rush Week and Alcohol and Drug Awareness Week.

Staci Washington was elected president with Wendy Greer as vice president and Cheryl Sneddon serving as secretary/treasurer.

Mr. G. Barnes of the Utah Arts Council has met with Washington and indicates that the council is interested in helping the club fund readings and other activities.

The next meeting will be held April 6, 3:00 p.m., in the student center. Quarterly dues are \$2 for students and \$5 for non-students.

President Carnahan to appoint Academic V.P.

by Darren Rollins
Contributing Writer

The Search Committee for the Academic Vice President has made its selection of nominees to replace former Vice President of Academics, Max Lowe.

Lowe resigned his position in mid November to ac-

cept a position with the Utah State Board of Regents after serving at the college for twenty years.

The committee has been meeting since February 1 to consider applicants for the position. Deadline for application was March 3. Those 10 names approved by the committee are now

before President Carnahan who will make the appointment.

As of yet none of the names being considered have been released.

The new Academic Vice President will be primarily concerned with class curriculum and instruction here at SLCC.

School of Trades promotes program; targets fairs and shows

by Ed Lile
staff writer/photographer

Salt Lake Community College is being marketed, according to John Morgan, former building construction instructor, and now Construction and Service Industry Recruiter under LuAnn Poulsen, dean of school of trades.

During a recent Utah Builders Conference sponsored by the Home Builders Association of the State of Utah, an attractive booth was set up by Morgan for the purpose of showing the conference attending builders what the SLCC Construction Trades has to offer. Handouts were available to give information on types of classes, how to register, and how entering the construction program will benefit students and industry. Morgan said

that the need for public relations and marketing in the construction trades has become vitally important since the increase of interest rates and the weakening of the housing construction industry. He said that the only way to reach out is through the display booth at trade shows, state fairs, the Parade of Homes, or wherever the potential student can be reached.

An emphasis was made by many of the speakers at the Builders Conference that the home construction future looks rather bleak with no near future change. Many contractors are reverting to multi-dwelling construction while the commercial construction industry is holding steady. It is for that reason that SLCC's Construction Trades course offerings are being marketed.



News

DEX breaks eggs; makes money, not omelettes

by **Jordan Hale**
Contributing writer

Chicken Little wasn't the only one to notice that the sky was falling on March 8. Delta Epsilon Chi (DEX) was sponsoring an "Egg Drop" to raise money to send four of their students to the national business competition in Florida.

For \$5 per entry, SLCC students were allowed to carefully package a raw egg to be dropped off of the technical building.

Surviving eggs won their packers, first chance at a plethora of prizes. Prizes were also awarded for, most artistic, and most unique.

Winning top prizes were, Kent Riley, who won a Franklin day planner valued at \$150, Jann Harden-Warner won \$50 in cash, and Madalyn Dixon won a \$20 gift certificate from ZCMI. Other prizes included, pizza from Dominos, symphony tickets, and many other prizes.

Everyone who entered, whether their egg lived or not, won a prize. Prizes were donated by local businesses.

The club raised \$150 through the fund raiser. DEX representatives will leave for the Florida competition on April 13.



Student Support Services to assess needs of Disabled

by **Terry Birch**
Staff writer

If you are an SLCC student with a disability, you can help by completing a questionnaire and sharing any comments, said Barbara Burkart, an SLCC student support services counselor.

SLCC Student Support Services Program is conducting a needs assessment of students with disabilities. According to Burkart, "We are interested

in learning more about the needs of students with disabilities on campus and how we can better serve them." Answers to this questionnaire are anonymous and confidential. Questionnaires are available at the information desk, Horizon stands, or Student Support Services in the College Center. For information call Barbara Burkart at 967-4334.

New Student Activities Director to be chosen

by **Terry Birch**
Staff writer

Fifty-nine applications have been received for the new director of student activities at SLCC.

The selection committee, consisting of seven people who are faculty, staff, and students, eliminated those who didn't meet the minimum requirements. They have narrowed the number of applicants to 31. The committee members go over the applications, selecting six or seven. They then interview them as a committee. Two or three are then given to Curtis Smout, director of College Center and auxiliary services, who interviews them and makes his choice. According to Mike Thurman, college center operations manager and chairman of the selection committee, one will hopefully be selected by the second week in April.

Jerry Urlacher, current

director of student activities, has held the position for six years. Working part-time, he will be training the new director until August.

The major responsibilities of the director of student activities are to assist student leaders to develop constitutions, meetings, recruit student leaders, conduct student elections, and evaluate programs and activities. The director also assists the Executive Council of SLCC Student Association in the initiation, planning, and presenting of co-curricular programs. In addition, he helps to promote and develop new and innovative programs through publicity and promotional concepts; develops and administers budgets, and supervises financial activities of the SLCC Student Association.

Qualifications are a bachelor's degree and four years experience in student activities.

"Table Talk" begins in College Center

by **Darren Rollins**
Contributing writer

In order to accommodate more student questions and needs the Student Services department has started a listening post upstairs in the College Center. The post is an attempt to make the ad-

ministrators more available to the students.

The post will be open every Thursday from 11:30 a.m. to 1:00 p.m. and is scheduled to last throughout the end spring quarter.

Student Services Vice President Judd Morgan, and administrators Janet Felker and Larry Landward as well as College Center Chairman Curtis Smout will alternate sitting in at the booth.

SLCC to name new A.D.

by **Trent Ladle**
Contributing writer

The search for a new SLCC athletic director has started, announced College Center Director Curtis Smout. 478 applicants have shown interest in working for SLCC. A committee will screen all 478 people, and will recommend 3-5 for the job. "The final decision will be made in about 6 weeks," said Smout. The College has advertised the job opening in a national sports publication and has received interest from all over the nation.

Smout also announced that the College is looking for a new men's basketball coach/physical education instructor.

Editor's Box

The Horizon is a publication of the Salt Lake Community College Student Association and is published weekly except Summer quarter, examination week, and holiday vacations.

Letters to the Editor expressing points of view, or difference of opinion, are encouraged. The Publications Vice President, Horizon's editors, and the Publications Council reserve the right to discuss with the writer any letters or articles submitted to Horizon; moreover, they reserve the right to refuse any letters or articles that are libelous, defamatory, or obscene.

Letters to the editor can be deposited in any of the SLCCSA suggestion boxes located in all buildings on campus, either by use of SLCCSA cards, or a folded sheet of paper. Letters can be mailed to Horizon or brought to the Horizon's office in the CC, room 130.

Opinions expressed in Horizon do not necessarily reflect those of Horizon's staff or the Publications Council. Editorials written by the editors, or specifically assigned editorials to newspaper staff writers or journalism students, reflect the opinions of the Horizon. Writings are not to be construed as opinions of SLCCSA, faculty or staff unless submitted by them.

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Student Government Elections

- | | |
|---------------------------|-----------------------------|
| Student Body President | Executive Vice President |
| Activities Vice President | Publications Vice President |
| Financial Vice President | Executive Secretary |
- Registration Deadline April 7th 4pm.** Qualifications on line available at Student Activities Office C.C. Room 130

Feature

In Focus

Tantrums may be linked to Child Stress

Lisa Keene
Horizon Feature Editor



Only in the last two decades or so has it become widely accepted that children experience

their own special pressures, and that these can sometimes grow to overwhelming proportions. --Harper's Bazaar, Aug, 1985.

The term 'stress' has become a household word in American homes. We adults experience stress by means of everything from work and school to romance and finances to rush hour traffic and cooking dinner.

Children face a different type of stress. What may seem petty and trite to an adult, has a major impact on a child's life. The stressor and effect may be different, but the consequences could be more hazardous. An adult can 'shake off' stress, but a child is very vulnerable and doesn't know how to deal with it.

Dr. Michael Rothenburg, the 'future Dr. Spock,' says, "Kids today have more complicated lives than ever--often beyond parental influence or control. They may be experiencing a problem at school, or with their peers or with an over-regimented activity schedule. On a wider scale, they may be upset by certain media messages or world events. While parents are disturbed that they can't ward off childhood stress, they should also find it comforting that they aren't necessarily to blame."

A 'simple' thing like a soccer game coming up could trigger such problems as bed-wetting, tantrums or stuttering. But all the

'simple' things experienced by children added up, could cause serious problems. Ulcers, migraine headaches, hypertension and even anorexia/bulimia are all on the rise in youngsters under 12, as are severe depression and psychosomatic illness.

Dr. Rothenburg reports: "Tics--transient, nervous habits such as eye-blinking, shoulder shrugging, facial grimacing, neck twisting, nail biting, hair pulling and the like--occur commonly around age nine and are not generally a cause for concern. However, they show up frequently in tense children with fairly strict parents, and if they continue, may reflect inner anxiety or pent-up anger. They may be a response to excessive pressure at home."

There are the normal "bratty tantrums" and there are ways of relieving stress. A child who kicks and cries one minute and is perfectly fine the next is usually one who is throwing a tantrum to make a point. But one who cries **real tears** and has other accompanying symptoms is one who is stressed.

Parental-caused stress most likely occurs in middle to high class children. Their parents are usually over-achievers and expect their children to be successful in all they do. And the trait of over-achievement is inherited by the child.

A major area that parents push too hard is academics. If a child brings home unacceptable grades, he or she is punished. The child will then try too hard, and, as a result, experience burnout and begin to resent school and do even more poorly.

Another stressful part of childhood is sports. One of

the most stressful, both mentally and physically, is tennis. The junior tennis players are usually from the middle to high classes, which contain the over-achiever parents. Tennis is said to be 80 percent mental, so it's no wonder the younger players experience burnout at a much higher rate than adults.

Jim Loehr, Ed.D., comments, "Too much emotional stress is linked to emotional breakdown.

'Children face a different kind of stress. What may seem petty and trite to an adult, has a major impact on a child's life.'

Problems of attitude, motivation, confidence, moodiness and depression are common consequences of excessive emotional stress." Too much emotional stress has been linked to increased risk of injury and depressed immune system, which decreases the body's ability to ward off infection and disease.

Certain stressors affect every child differently. For example, relocation may have little or no effect on one child, whereas it may cause another child (even a sibling) to start throwing tantrums or thumb-sucking. Children with a high resistance to stress are known as 'kids who bounce back.'

Studies show that resilient children have a sense of individuality. They are not made to feel that their destiny is tied to their

parents--or any one else, for that matter. In a word, they have a high self-image. They know their ambitions and goals really count.

Julius Segal, Ph.D. in psychology documented: "On New York's Lower East Side and in Brooklyn tenements a half century ago, dozens of immigrant children endured years of grinding hunger, overcrowding and deprivation. Yet, from that stress-filled environment a startling number grew to be among the brightest lights on the American scene--men and women who made enduring contributions to society. Their strength came from the conviction, learned early, that the conquest of adversity was possible, but only by dint of their own efforts."

There are several ways to help your child become a 'kid who bounces back.' Dr. Segal suggests **encouraging a feeling of individuality**. Help him know he's special.

Help your child feel in command. Teach them to do things for themselves as soon as they're ready. For example, when they learn how to tie their shoes, let them do it even if they're no perfect at first. After all, practice makes perfect.

Provide a sense of order and stability. Establish nightly rituals. Have one place in the home that is calm and quiet where your child can go when the house becomes hectic and chaotic. Encourage your child to have a teddy bear or 'woobie.' Something loyal and consistent he or she can turn to in times of confusion.

Discourage inappropriate self-blame.

Often times a child will feel responsible for something that is out of their hands, such as a divorce. Help your child realize he or she is not to blame for others' actions.

Keep the lines of communication open. Like adults, children feel relieved of pressure when they talk about it with someone else. Make time to talk to your children. This solution could tie in the with a previous one: Have a daily set time to listen to your child. For example, let your child know that bed time will always be reserved for a 'heart-to-heart' talk. Then when a child tries to delay going to bed, he or she will talk and talk and convey things he or she normally wouldn't.

Help build ties to charismatic figures. Even though a child's hero may not be Mom or Dad, he needs an inspirational figure--anyone who communicates a sense of protection and devotion, and thereby becomes a "psychological anchor in a sea of stress." This person could be an uncle or aunt, a playmate's parent, a physical, coach or clergyman.

Teach your child to care about others. "[This teaches] the capacity to turn outward instead of becoming mired in hopeless preoccupations with oneself."

Inspire by your own example. High-stress children who show signs of the so-called Type A behavior--tension, hostility, impatience, and an overly-competitive bent--tend to have parents who exhibit these traits themselves. "If we act with strength and equanimity, so will they."

The most traumatic and stressful event in anyone's life is birth--then the stress never ends. Every age group has its own set of stressors.

This Week's Trivia:

The Color Purple

1. What was Celie's sister's name?
2. What did Celie get hit with on her arrival to her new home?
3. How old was Celie when she got married?
4. What was "Mister's" oldest son's name?
5. What did Celie's sister teach her?
6. Who portaged the oldest son's wife?
7. What was the first thing that Shug said to Celie?
8. What was the name of the song that Shug wrote for Celie?
9. What was Shug's father's profession?
10. Where did Celie's sister return from?

Answers to trivia for Mar. 6

1.Oprah Winfrey. 2.They tack on an extra buck. 3.Cows. 4.Strangers on a Train. 5.Momma and Owen and Owen's Friend, Larry. 6.Beth Ryan. 7.A Chunky 8.'A writer writes--always' 9.It was change his daddy let him keep. 10.His favorite fuschia.

SLCC HORIZON PUBLICATIONS

ANNOUNCES THE ADDITION OF THE SPRING QUARTER LITERARY JOURNAL

Open to all community to enter **not previously published** works of **short fiction, poetry, (blk/wht) photographs and (half-tone) graphic illustrations** for publication consideration in the Fall Quarter, 1989 edition of the Horizon Literary Journal to be published in May. All entries must be turned in to the HORIZON Office in the Northwest corner of the College Center (Student Activities-CC130) by 5 pm Apr. 14. Eight non-participant students and faculty will juror. Authors and artists awarded publication will be notified by telephone during the week of May 2.

GUIDELINES AND RESTRICTIONS:

LITERATURE: All entries must be typed, double-spaced, one side of the page only, stapled, pages numbered, titled and bear the name and phone number of the entrant. All authors should keep a copy of their entries as they **cannot be returned**. Poetry by an entrant is limited to three poems or five pages. **Short fiction** by an entrant is limited to two stories from 750 to 1500 words.

Writers should anticipate working with editors for final proofs prior to publication.

GRAPHIC AND PHOTOGRAPHIC ART: All illustrations and photographs must bear the name, title, and phone number of the entrant on the back in the corner. Preferred size is 8.5" x 11", but not required for entry. Participants are limited to three entries. All originals will be available for return the week of May 8 during the hours of 1 p.m. and 4 p.m. in the HORIZON office, unless notified otherwise. **Graphic illustrations** are limited to half-tone (tones of gray) in any medium (pen, ink, paint etc). **Photographs** must be black and white.

*Literary works submitted during the fall quarter contest that were not published in the Winter 1989 edition will be kept for publication consideration in the Fall 1989 edition (unless authors specify otherwise). Horizon will continue to accept creative art and writing throughout the academic year.--For more information and competition guidelines contact Staci Washington in the HORIZON office at 967-4019.

Classified

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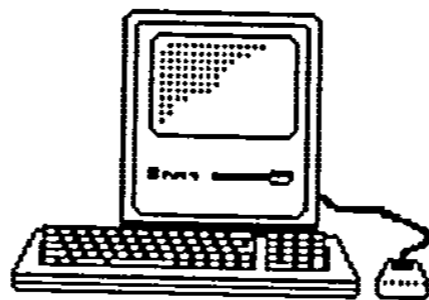
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Drawing will be held April 15th.

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From 1pm to 5pm, C.T. 164

Contact Ron Schmith
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Salt Lake Community College

Horizon

Advertising Editor Wanted

Horizon is looking for a responsible student to take over as Advertising Editor.

\$200.00 \ Quarter plus Excellent work experience

SLCC's Weekly Events

<p>MONDAY 6</p> <p>--PBL- Book Swap 8am to 8pm. C.C. "Sunken Lounge"</p>	<p>TUESDAY 7</p> <p>--Senate Meeting Senate Chambers 12 noon. --Narcotics Anonymous. 11 a.m. Senate Chamber.</p>	<p>WEDNESDAY 8</p>
<p>THURSDAY 9</p> <p>--Narcotics Anonymous 11 a.m. Senate Chamber. --CAB Entertainment "Folk Music" 11am to 1pm. Copper Room</p>	<p>FRIDAY 10</p> <p>--Friday Forum 12:10 (LDSSA)</p>	<p>SATURDAY 11</p>