

WEDNESDAY OCTOBER 27, 2010 ISSUE 11/FALL 10

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Departments and clubs get their own section to grow plants and vegetables in the Community Garden.

Jailed SLCC student creates community garden

John Fisihetau

Contributing Writer

After serving in jail for an extended period SLCC student Jason Thornton envisioned the creation of a garden to give back to the community.

"The hope in prison to make positive contributions to my community upon release was the hope that helped me survive," Thornton said.

Thornton's idea was originally developed on the Miller Campus of SLCC in February of 2009, which he called "Seeds of Hope." This program was to "advocate for sustainable food systems primarily through volunteerism, lectures (and) to fill the need of food production in our economy," for the less fortunate and hungry, Thornton explained.

On Oct. 19 the first "harvest party



Photo by Katie Mann

Paula Michniewcz waters the garden she helped start for SLCC students.

at the Community Garden at SLCC's to students and faculty alike that Taylorsville Redwood Campus was Thornton has strongly pushed for. held from 11 a.m. to -2 p.m. The primary purpose of the party was to

Through the support of Sustainability Committee Chair raise awareness of the community Adam Dastrup, and the help of garden and the benefits available community organizations such as

Wasatch Community Garden and Slow Flow Utah, Thornton gained the trust of key players such as President Bioteau, the president of SLCC, to build his vision of a garden on the Taylorsville Redwood Campus.

Groundbreaking for the garden began on April 20 2010, which landed on Earth Day. The site is located just east of the Construction Trades Building. Departments and groups take care of their respective plots. Some of the SLCC departments include the Student Life and Leadership, the Division of Natural Science, the Environmental Club, and the Thayne Center, just to name of few.

Paula Michniewicz, Instructional Designer for Distance and Learning Instructional Technology has been planting and harvesting from her department's plant boxes all summer. She "advocated for the garden by her consistent participation alone, with the help of the Environmental Club... tending the garden," Thornton said.

Although the garden started at the end of spring semester 2010

Garden/Continued on page A3

Zombie attack!!!

Joseph Meyere

Staff Reporter

Students at SLCC campus have been terrorized since Monday by an invading wave of the undead. Corpses have risen from their graves and have began attacking the living on campus, making the commute between classes a dangerous and terrifying experience. Students are warned to be extremely cautious as the mere touch of a zombie can make even the healthiest students a terrifying undead.

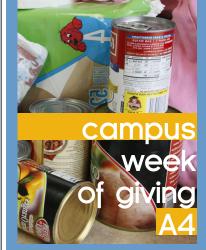
And it's all because of the Computer Synergy club.

Just outside of the Lair the Computer Synergy club is selling wristbands for between \$1.50 -\$2.00. A bracelet let's you into the weeklong Zombie tag game. The game goes till Friday where a raffle will be held for the participants. Proceeds will go to help the Computer Synergy club.

"We want to have fun, we're not just geeks" FenRong Liu, the

Zombie/Continued on page A4







Save money with on-campus services

Dane Egan

Contributing Writer

Gym memberships, haircuts, oil changes, and even teeth cleanings. Students pay for these services everyday but could get for cheap or examination by a real dentist. even for free on the SLCC campus.

teaching centers that provide such services say many students are not aware of just how much money said. they could be saving while getting the same quality of services.

"Some clinics will charge upward of \$150 for the service we do for \$20," an employee at SLCC's Dental Hygiene Clinic, Wendy Mitchell said. "We've had better cleaning and better service memberships. than when they go to their family clinic."

the same services as a regular and staff. dentist office, only for a lot less money. The \$20 fee includes x-rays, canceled their Golds gym cleaning, fluoride treatment and an membership," Mike Ginnetti,

"The students are paying Those who work at the various immaculate attention to what they are doing and that they

are doing it properly," Mitchell equipment."

Another upside to the on-campus hygiene clinic is that students don't have to wait a long time to get an appointment. Students can get quicker, according to Mitchell.

Another area where students The Lifetime Activities Center or LAC has most of the same equipment as other anything they offer at regular

Located on the Jordan Campus, gyms in town. But unlike the other salons," Terry Nay, who works The Dental Hygiene Clinic offers gyms, the LAC is free to students with students at the Barbering

"Quite a few people have a supervisor at the LAC said. "Students are very satisfied with the gym. Our equipment is can save a lot of money if they great, we have lots of brand new

Another big difference from the other gyms in town is that students at the Cosmetology clinic is \$15. don't have to sign a contract, which can carry hefty cancellation fees.

"Students are very satisfied with seen within a few weeks or even the gym," Ginnetti said. "It's free need to make an appointment, men and it's right here on campus."

SLCC students can also save big a lot of students say they get a can really save is with their gym by getting their hair cut and colored offers manicures, pedicures and on campus.

"As for as I know we offer

and Cosmetology clinic on the Redwood Campus said.

Men's haircuts are only \$2 and women's haircuts are only a dollar

Nay says women especially normally pay to have their hair colored at other salons.

The typical coloring application A regular salon could charge close to \$100 for the same service, according to Nay. While women do can just walk-in.

The Cosmetology clinic also acrylic nails.

Services/Continued on page A3

SLCC PICS

STUDENT EVENTS

WED/27

8am~5pm **Customer Service** Phone Skills @ Miller Campus. Cost: \$149, ask about discounts.

THURS/28

1:30pm~2:30pm Author Book Signing: SLCC Alumnus, Paul Cardall will be signing his new book "Before My Heart Stops" @ Redwood Campus Book Store.

MON/1

5:30pm~9:30pm

Autodesk Revit Ar-

chitecture @ Miller

ask for discounts.

<u>6pm~9pm</u>

\$135

Campus. Cost: \$500,

QuickBooks: Beginning

@ Miller Campus. Cost:

FRI/29

7pm~7:30pm Volleyball/Family Night @ Lifetime Activities Center Redwood Campus. FREE

7pm~8:30pm Live Radio Remote: SLCC Volleyball v. NIC @ Redwood Campus

<u>9pm~12am</u> NEON NIGHT Dance @ Jordan Campus: Student **Pavilion**



Mostly

PARTLY CLOUDY 63°/46°

TUE/2

SAT/30

SUNNY

47°/33°

<u>3am</u> Live Radio Remote: SLCC Volleyball v. CSI @ Redwood Campus

10am~12pm Halloween Carnival @ Redwood Campus



SHOWERS

52°/40°



Mostly SUNNY 53°/41° <u>8pm</u> Rock the Vote with Neon Trees @ Redwood Campus: Lifetime Activities Center. Tix: Students/\$7



Submit student events to calendar.globe@slcc.edu Visit slcc.edu/campusevents/calendar.asp for more student events

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slccglobelink.com

Due to the high volume of requests for articles we receive, The Globe

may not be able to reply to every letter. Due to our limited staff, The

Globe may not be able to attend or cover every event or issue sub-

mitted. The Globe encourage emails/ notices of events. However, any

request of coverage of an event or issue should be made within a

Ann Chen

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The New Hork Times

ACROSS 1 Dweller on an

- 9 Steamed 14 Whack-
- 16 Meeting point
- indentation
- 19 Has only half-
- 20 *Turn-of-themillennium
- explorer
- 25 Immobile
- 28 Hounds
- winner for the album "Falling
- 34 "Not a chance!" 36 Kind of place
- to the left of the decimal point 37 1,055 joules: Abbr.
- 38 *Treaty of
- 43 "Give ___ little time" 44 Pitcher Maddux
- straight Cy Young Awards
- orbit that's closest to the sun 50 Attract
 - Hansel and

country

11 Tool used by Gretel's father

8 Sounds heard by

most populous

57-Across

Edited by Will Shortz

Crossword 53 Expensive violin,

57 Subject of a

children's song

associated with

the vowels in the

answer to each

starred clue

61 Overly thin

samples

64 Fertility clinic

65 Put on, as cargo

66 Sleep disorder

67 "____ the ramparts

68 "Mr. Belvedere"

actress Graff

69 Brenda of comics

70 Promgoers: Abbr.

DOWN

71 Risked

for short

November 2nd.

- 6 Ballgoer, for short 56 Before, to Byron

- 15 Org. doing
- atmospheric tests
- 17 Gifts for divas 18 Shoreline
- servings, maybe
- 23 Saudi "son of"
- 24 Punk rocker Vicious
- 30 *1996 Grammy
 - 1 Catch that might be mounted Into You' 2 It multiplies by
 - 3 Becoming discouraged 4 Beth preceder
 - 5 Some survey responses Versailles signer 6 Ridicule 7 Like some battles
- who won four 9 World's fourth-
- 45 Cleopatra held it close 10 Restricted, with 46 *Point in a planet's

Each week a different picture from an SLCC campus will be featured. If you know

the location and campus of this week's

featured picture, enter to win a prize by

emailing your answer to contest.globe@

slcc.edu. Deadline for entries is Tuesday,

Congratulations to Aaron Andrews, the

winner of last week's SLCC Pics!

No. 0922

PUZZLE BY PETER A. COLLINS

58 Sounds heard by

60 "The Lion King"

61 Nonliquid state

57-Across

59 Maintain

- 12 King ___ 39 Delivery persons'
- 13 What's extracted from soil to get oil? 21 Singer Ocasek of the Cars
- 22 Tendon 26 Tool used in thoracic surgery

27 Kansas canine

- 29 Carrier with a hub in Copenhagen 31 Second in line?
- 32 Abbr. on a bank statement
- 33 Carmelite, for one 35 Sanctuary fixture
- 38 Any singer with Gladys Knight

- treasures 49 Silent assent
- My Line?"

assignments: Abbr.

40 Judicial title role

41 Slippery swimmer

42 It was dropped in

47 Worker whose job

always has a new

the '60s

wrinkle?

48 Hollywood

for Stallone

- 51 Francis of "What's 62 Likely
- 52 Kind of bliss
- 55 Nonliquid state 63 Italian article
- The Globe is an independent student newspaper published Wednesday during Fall and Spring Semester (excluding holidays) and Wednesday during Summer Semester. The Globe editors and staff are solely responsible for the newspaper's content. Funding comes from advertising revenues and a dedicated student fee administered by the Student Media Council. To respond with questions, comments or complaints, call (801) 957-4019 or visit slccglobelink.com. The Globe is distributed free of charge, limit one copy per reader. Additional copies may be made available upon request. No person, without expressed permission of The Globe, may take more than one copy of any Globe issue.

CAMPUS

Garden

with little student interest, cucumbers, peppers, squash, the Thayne Center said. spinach, zucchini and over her vegetables back to the community soups from the produce.

community garden with the communities. They teach help of faculty members the garden ethic that nothing such as Michniewicz but he is of waste in the garden. wanted to see more student Waste, weeds and old plants participation. "I want to see are composted and made an more donations going to the invaluable part of the garden." hungry and more student involvement," he said.

opportunity for faculty, other in a community. staff, students and the local community to grow produce to human relations will where they would normally strengthen our communities not have the space to do so. As as we realize that people a result the garden "develops are not disposable. The a better sense of community," undesirable groups of people as the caption reads from or individuals that have caused sign. Students are given shunned or turned away from the opportunity for service our communities. We can learning and all produce goes change our perceptions and to nonprofit organizations people can be reformed," he or to students and faculty on said. "When these types of campus.

a SLCC organization on as undesirable become an the Taylorsville Redwood integral part of our healthy Campus designed to unite communities." SLCC with the greater community through civic the community gardening at participation, service learning SLCC or about the Thayne and volunteerism.

included painting pumpkins blogspot.com, http://www. in addition to munching on slowfoodutah.org, spreading good garden vibes. Organizations.asp.

We also feel confident that more students know about Continued from page A1 the benefits of community gardens," Ann Schaar, Campus-Community Michniewicz has harvested Partnerships Coordinator with

Thornton emphasized 50 tomatoes. She has given his underlying theme of gardening. community as well as making "...I feel there are even her own breads, salsas and larger benefits," he said. "Community gardens reform Thornton founded the individuals and strengthen

Thornton feels that through this garden he can change The garden provides an the way people relate to each

"This ethic community garden harm to another should not be transformations occur, those The Thayne Center is people that were once viewed

For more information about Center and other organizations "Activities at the party visit http://slccthaynecenter.

candy and popcorn while www.slcc.edu/sll/Clubs_

Vote, then party with Neon Trees

John Reuben Wolsey Contributing Writer

The Neon Trees will come to SLCC campus on election night as the headlining act of a Rock the Vote (R.T.V.) evening charged with the power of change and lively entertainment from the upstart

rockers of nearby Provo, Utah.

'Habits' climbing the charts

"They're funky event. It promises to be an different, and they're really excited to perform at SLCC," Kade Smith, the event organizer said.

With their newly released Tyler Glenn described their Student Life organization will anniversary.

in several categories, and has the versatility and talent some face time with the band a leaked mash-up of Justin to play their music in its usual at the show. Bieber's 'Baby', the Neon upbeat emotional tempos, or Trees promise to be a fun show. soften things into a melodic motto, 'Building political are sure to impress.

The Neon Trees lead man chance to meet them. SLCC's the

album of national acclaim, music in a recent interview as be giving away a small number "post-punk soul." The band of "meet and greet" passes for

> With it's bold declarative acoustic set. Whatever way power for young people', they engage, the Neon Trees Rock the Vote has been aiding in the registration of Whether you're a fan already young voters for two decades. or not you could win the This coming election marks organization's



Services

is typically described as a commuter campus. Which is why students should be aware of the Automotive Technology

The center provides oil changes, tire rotations, brake cost-saving benefits and work along with other car convenience of staying on care services.

"The work we are doing here is quality work," Continued from page A1 Dan Rogers, a supervising technician at the Auto Technology Center, said.

The auto center charges college, with many students a \$25 per hour for labor. driving their own cars to Rogers said he used to work at a dealership that charged \$109 an hour.

A typical oil change will run students about \$19.

Besides the campus, the supervisors at the various student learning centers said students who pay for services on campus are also helping their fellow students learn.

Be entered into a

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at ccjjresearch@utah.gov.

Twisting minds at SLCC campus

Joseph Meyere

Staff Reporter

minds warped, twisted and completely bent backwards people. The only difference on Friday evening. No in his trick was that none surprise around midterms, of the participants actually but this was from something touched a card. All they did else. Christopher Carter, was picture the cards and he mindreader, illusionist and guessed exactly what they freakout artist visited the were. school and put on a live show in the Student Center what audience members had at the Taylorsville Redwood

Carter's show began with the standard "pick a card" Students at SLCC had their trick, in which he accurately predicted the cards of four

> Next Carter was able to tell written on 3X5 cards simply by touching them, while his eyes had silver dollars duct taped to them. Watching the audience members freak out as he accurately predicted combinations, student numbers, names and random questions was just as entertaining as the illusions themselves.

Then things got weird.

Without giving away the rest of the show, the rest of Carter's illusions truly made one question whether it was a trick or some kind of super power. The audience progressively became more amazed as laws of physics were broken, minds were read, and incredible tricks were made.

To find out more about Christopher Carter, check out his website at www. mindcramp.com, sells several selfhelp hypnosis CDs for a reasonable price, as well as his show on DVD.



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Give a little during SLCC Week of Giving

Bryanna Boyle

Contributing Writer

There are students in dire need of help. This week, from November 1st through the 5th, is Salt Lake Community College's first ever Week of Giving. This week consists of several chances for students to get involved through donating or volunteering.

The Week of Giving is part of the 2010 Tanner Forum on Social Ethics, according to the Week of Giving brochure.

Sandra Kikuchi, a chair of the Tanner Committee said the overall goal of this week is to, "...create awareness about giving," of all the different reasons donating and volunteering Monday is Diaper and Blood Thought Day, on Wednesday. thought day. The next day speaker, Salamon.

kinds of donations that will Event Center. be taking place such as City Campus (S.C.C.), Melodee Lambert said. and Taylorsville Redwood Campus.

The Week of Giving on



Photo by Katie Mann

along with raise awareness Donations are needed for the Week of Giving Nov. 1 through Nov. 5.

is important, while creating Drive Day. Anyone can interest for the Tanner donate disposable or cloth Thursday, when students can students have the opportunity Julie diapers on Monday. The donate new or gently used to donate items such as toilet Blood Drive takes place from clothing or shoes. There are many different 11am-3pm in the Student

Diaper Day, Blood Drive will be here only Monday. Day, Food for Thought Day, Students can donate the selfless act to either assist or Day. Donate Duds Day, Toiletries other items any day in just cheer up someone. Tuesday, and Random Act the locations noted on the of Kindness Day. These posters at Redwood and donating bins are located at get involved is to, "Volunteer days are being held at South SCC," associate professor the Week of Giving Table to staff a table between 11:00

event is Kindness Day.

Students can donate or the library. Redwood campus starts canned goods and other non-Monday November 1st. perishable food on Food for November 1st, is Food for

The last day of the Week

Redwood in the Student Center. South – 1:00 Mon-Thurs at both The second day of this City Campus donating bins Redwood and SCC. Sign up

South City's first day, edu/thaynecenter/)."

Donate Duds Day, is is Toiletries Tuesday, where paper, soap, shampoo, etc.

Wednesday is Diaper of Giving, is Random Acts Day. Thursday is Donate "The blood donation folks of Kindness day on Friday. Duds Day, and Friday is also Students can donate a Random Acts of Kindness

> According to Lambert, Campus another way for students to are located in the east foyer to help through the Thayne Center, (http://www.slcc.

Zombie

club's said.

For those who don't know what the Computer club can attend the weekly Synergy club is, the club's meetings Tuesdays from main focus is to help noon to 2 P.M. or Friday students gain experience in every other week from technology companies will 4:30 P.M. to 5:30 P.M. in find marketable. The club room 046 at the Taylorsville provides projects which Redwood campus library. also help with skill building.

Currently the club is helping with a project for the Continued from page A1 Oquirrh Hills Performing arts alliance, a non-profit academic advisor organization based in Salt Lake.

Those who want to join the



Just outside The Lair in the Student Center at Taylorsville Redwood Campus, the Computer Synergy Club is selling wristbands for \$1 to \$2. A wristband lets you into the weeklong zombie tag game, which began Oct. 25. The game goes till Friday Oct. 29. A raffle will be held for the participants on Friday. Proceeds will help the Computer Synergy Club.

ZOMBIE TAG RULES Each player gets 2 wristbands. White for Civilian, Black for Zombie If a civilian gets infected, they swap their White band for the Black one, and they can now infect other civilians. \$1.50 for a set of 2 wristbands **General Rules** -The wristbands must be visible, don't hide them under your sleeve or in a pocket. -Don't tag inside the buildings, during class, or by the parking lots. -Game rules only apply on campus. -Only tag people on their arms/shoulders. Extra Rules Healers- get blue bands and black bands and can turn people from zombies into civilians, the healers can be turned into a zombie if they get tagged by an alpha zombie (bands for healers cost \$2.00 and are sold on Tuesday). Alpha Zombies- get red bands and can turn healers, and civilians into zombies, Healers can not tag Alphas (bands for alphas cost \$2.00, and are sold on Wednesday).



Trio Program helps first generation college students

Terra Gomer

Contributing Writer

students to college facing the same there are two different programs problems. Some don't know what to expect because many don't have parents who went to college. The Trio Program can Support Services, helps students students with financial aid,

student has to be first generation cannot live in the homestead where the student lives," works for the Trio Program.

eligible to be part of the Trio towards the end of the semester. personal growth. Program cannot have a parent I passed the course at the very who went to college. At SLCC last moment with a GPA of 2.5." to help these first generation students have an academic students.

who go to SLCC. The goal of "The Trio program has rules. Student Support is to encourage Not everyone can join. The students to stay in college, get the students to graduate and or the parent who has a degree help them transfer to a four-year math students every Friday at 10 institution.

Barbara Burkart said. Burkart he joined the Trio Program] I have completed my first two The Trio Program is federally semesters of college with a 3.6 funded by the United States GPA at the age of 39," former Search, helps 600 high school Department of Education. At SLCC Corey Cook wrote in a and junior high school students. Salt Lake Community College, paper. "During my first semester it funds to help 200 students I had some trouble with Math students how important it is to a year who come from low- 950 and Trio was able to assist continue their education beyond

These first generation advisor who they work with. The first program, Student The Trio Program helps the tutoring, a greater understanding of college, and offers a peer sponsors a free workshop for all a.m. The math workshop is held "Ever since that time [since at the Taylorsville Redwood Campus in the Technology Building room 440.

The second program, Talent The program teaches these

income families. The students me with a tutor named Brandon high school and help with

Nationwide there are more than 2,800 programs to help low-income students. The Trio Program serves over 850,000 students nationally. The students range from sixth grade through college graduation, according to the Trio Program website.

The Trio office is located team. The Trio Program at the Taylorsville Redwood Campus in portable office three. The office is on the north end of the campus, located by Bruin Boulevard. The Trio Program can also be found part time in the Student Center at the Academic Advising office.

For more information regarding the Trio Program, visit slcc.edu/sss or contact Barbara Burkart at 801-957-4334.

COMMUNITY

Halloween do's and dont's

Terra Gomer Contributing Writer

Everyone has different plans batboy and batgirl." for Halloween. Here are some of what to do.

caroling on Halloween. "It's derogatory. As little kids Halloween a tradition that I do with of year to really let loose. boyfriend and dressing as Halloween."

ideas if students need an idea work. This doesn't mean you Some people don't even call it can't have fun. Most places Halloween.

Future student, Emily will let you dress up as long

meant dressing up and trick- my Aunt and Uncle," she of Chaos," current student or-treating. Once kids grow explained. "We go door-to- Mike Harmon said. "It's up, Halloween means going door singing Christmas songs. really fun to scare people. We to parties. It's the best time This year I'm going with my get a really good turn out on

> Some people have unusual Some people have to ways to celebrate the holiday.

"I'm celebrating Halo-"Oktober" Carbone is going as it's appropriate and not ween," future student Tyler Lewis, "Instead of having a "I'm working at the Castle Halloween party, my friends and I are getting together to play Halo."

Last year's Halo-ween party was an all night adventure of pure Halo fun.

"It was a really fun night,"

Halloween /Continued on page A5



COMMUNITY

community.globe@slcc.edu

Halloween

Lewis said. "This year will not be wearing one. be really fun since we have the new Halo game [Halo: going as a ghost, make sure Reach] to play also."

With all of the things that eyes. you can do on this fun night some people think that there Christmas are some things that you Halloween. should not do.

According to funnyjunk. someone else's pumpkin. com there are five things



Continued from page A4 someone on their Halloween costume because they may

> The second is if you are you cut the holes out for the

The third is don't go Caroling

The fourth is don't take

The fifth is don't go trick or you should never do on treating in your birthday suit.



The 1st is never compliment Palloween. The 1st is never compliment Palloween. Restore sanity or keep fear alive

Inara Rosolen

Contributing Writer

Great minds think alike and act alike. Jon Stewart and Stephen Colbert, from Comedy Central, are teaming governmental issues to a p.m. MT. satirical note.

Stewart and Colbert go head Photo from sxc.hu | Stewart's rally.

The rally and march will be taking place simultaneously have the opportunity to watch live at the southwest side of the City Library in downtown as they come; people are best 12 signs will be printed up to bring important Salt Lake, from 10 a.m. to 1

Everything started with a backgrounds; On Saturday, Oct. 30 Facebook page, by Skyler owners, parents, students, from 12 p.m. to 3 p.m. ET, Brinley, a page powerful Americans from the 50 enough to get attention of states will be able to observe over a thousand people. As people talked over Facebook, to head on the hot issues. things began to become more help in the rally; some have Qualls said. "Rally to Restore Sanity" is and more serious to the fans a response to Glenn Beck's and soon decided to meet. "Restoring Honor Rally." As of one week prior to the Colbert's satirical march is event, on Facebook, 890 to Keep Fear Alive (KFA), people confirmed to make or as Colbert says, "KFA in an appearance at the library the USA" is a counter rally to on Saturday, and 798 people might be attending.

"There's no one person in charge [of the library event," event organizing group said.

really good at being proactive. professionally by Andre Van People from business Display. and others are all coming to bring rally appropriate together for a common signs... brings things like: I interest. Everyone brings disagree with you but don't their background in order to think you are Adolf Hitler," public relation skills, some are administrative, and some library are the organizers.

think that's actually the really not extreme right or extreme cool thing about this; there are left, and we may not agree to people from all areas; I work the perfect solution but we can for a fitness company."

The group in charge of the Rally to Restore Sanity, in the National Mall in Mallory Qualls, one of the SLC, is asking for donations; Washington DC. Utahns' will leading members of the library \$10 for stickers and \$20 for t-shirts. There will also be a Everyone takes the tasks "respectful" sign contest; the different Diggelen through Metro

"We encourage people

Kim Higginson, another event organizer believes that this rally "is to Qualls continued to say, "I show that most Americans are agree to a workable solution."

OPINION

opinion.globe@slcc.edu

Election day around the corner, prepared?

Emmie Jones Staff Reporter

ovember 2 is around every citizen over 18 is registered to vote. We will be electing 37 of 100 senate seats, 37 governor seats and 435 house seats. Right now, the Democratic Party controls both chambers of the Congress, now the Republican's are hoping to either gain control of the House and Senate or impact the margins. This election is important. If you are not

We all know the main issues right now include the

registered, do whatever it

economy, healthcare reform and the budget-deficit. The only way we can do anything is by voting. I plan to do the corner and I hope my research on each person running for our state because I am so tired of the way this country is being lead.

Clearly, our economy is in the dumps. The fact that our government leadership is leaning more towards socialism scares me even more. A system in which everything is equally distributed does not work. Look at Cuba, the majority of the citizens have what they need but they go without takes to get registered as soon quite often. Desirable items and necessities are often unaffordable; making the only way to do business and

make a living is in black markets. I do not believe people should just be given everything in life. I believe people need to work for what they want, which drives the desire to be alive. Work hard to play hard.

Along with giving people everything they need is Obama's healthcare reform, also known as Obamacare. The bill that was signed by the president in March 2010 was over 2,000 pages long. Do any of us really believe that the politicians read the entire thing? That's hard for me to believe. I don't think giving equal healthcare to everyone is the right decision. Citizens need to be responsible for their own healthcare.

We need to stop publicizing fast foods, cigarettes and alcohol as much as we do and start marketing gyms, exercise and healthy restaurants. Americans' are fat and lazy and we need to get out of this rut. It's our own fault for not being accountable for our health care. I have a health savings account and it's honestly been the best thing for my health insurance coverage. I think about every transaction I make and what I'm really going to the doctor for. On top of that, if I need some allergy pills or cold medicine, I can use my HSA card to get the medicine I need. What HMO has that?

Better yet, imagine how long you'll have to stand in line to get those cold medications when you need them because Obama has made it too easy.

Our budget problem has been ongoing for so long, I'm need to have faith that our not sure I even remember the days there wasn't a budget problem. I do know that we are in the worst position we have been in a very long time. Is there a politician out there that stands for what I believe in when it comes to the budgeting problem? I keep hearing this term fair tax thing and vote. Let's help our and I wonder if this would be a positive thing. The FairTax plan is a proposal to replace federal and income tax with a progressive national retail sales tax so we are only taxed

on what we choose to spend on new goods or services, not our earnings. Rumor has it that this could bring us out of the deficit pretty quickly.

This is the time that we vote counts. The direction of this country is sad and disturbing. Internationally we are looked to for help and strength in times of need, I fear soon without the right leadership we will not be asked for that help, no matter our expertise. Do the right country first for once. If you don't vote, think about where we will be in 5 to 10 years and what's going to happen to our kids.

Study on teen behavior disorder says 1 in 5 suffer in the US

Emmie Jones

Staff Reporter

as possible.

recent study of 123 adolescents between the ages of 13 and 18 in the United States assessed that 1 in 5 of these study participants are suffering from one or more types of mental disorders. The study states that these disorders are bad enough for adolescents to be disruptive to their day. Also stated in the study was that a higher percentage of these teens have or have had some type of mental disorder that is less serious. This is one of the first studies to report on the prevalence of mental disorders for the adolescents of the United States.

According to this study, the severity of these disorders outweighs even health problems such as asthma or diabetes. Nationally, family doctors, pediatricians and psychologists are bringing awareness to this growing problem. My concern is not only the disorder, but also the solution. I want my child's doctor to do the right thing, not prescribe right away just to send us on our way and send the next patient in.

I'm a firm believer that home is where a person learns who they are and how to be. In my eyes, the home life could potentially be the biggest problem in a child's life, which with the right changes at home, could be the easiest thing to help relieve the child of anxiety. I hope that our doctors are looking at every factor when they diagnose a child.

The kids surrounding us see everything and take in every little thing we do like a sponge. Teenagers feel things from their parents, siblings, extended family and so on, even when nothing is said. Adolescents know what's going on and they feel things about situations. Even if they don't comprehend the feelings and know what the right reactions should be at that time, it dwells within them and they let it out in a way that adults misconstrue. If a child gives any sign that something is bothering them or something seems a little off, their family should make it a priority to find out what the issue is and find a solution as a family. If that doesn't help, then treatment from a medical professional

should be the next step. I'm curious to find out

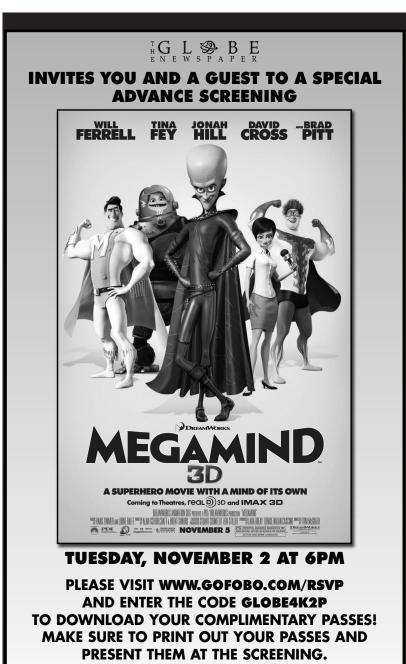
how many adolescents pretend to have a problem just to get pills. I've struggled with depression. It's not easy, but I'm adamant that learning to cope with my demons before getting a prescription is necessary. I believe that nutrition and exercise is a factor in emotional and behavioral problems. It's a fact that when a person exercises, it releases endorphins, which produces happy emotions. Eating the right things gives us energy and makes us just feel good simply because we're healthy. Are parents so caught up in the whirlwind of life that they can't take a little extra time to cook, play and spend time with their children?

Reading that 1 in 5 teens has a serious mental disorder is bothersome. I automatically go to this pessimistic place that says "stop handing out pills to our kids." I see the teenager point of view, thinking if they act depressed or detached, they could probably get some anxiety or antidepressants from the doctor. These days, it is so easy to go to the doctor's office, state your case and then get the drugs you want. It's not right, but it

happens. I do believe there is a number of children that do have some type of behavioral problem and sometimes prescribing medications are the only option to treat the disorder; but I don't think medication is the answer for every adolescent. The family should take responsibility and do everything in their ability to solve the problem. I encourage people who fear their child has some type of issue to look at their family system and themselves before doing anything else. Children have to learn behavior from somewhere. So how does a parent, pediatrician or

psychologist tell

the difference?



TWO PASSES PER PERSON, WHILE SUPPLIES LAST.

IN THEATERS NOVEMBER 5

OPINION

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What the Tech?!

Antivirus

Joe McCormick

Staff Columnist

If you're connected to the Internet or allow others to access your computer, it is important that you have working and updated antivirus software installed. There are a wide variety of antivirus programs, but all of them basically do the same tasks.

It used to be that Norton Anti-virus led the market back in the 90's, but these days many companies are taking their own approach and have begun selling their own antivirus software. We college students may not have the money to spend on fancy antivirus or word processing software, so I'll only ever recommend the free stuff. When it comes to free antivirus software, the obvious choice, in my book, is Avast! Antivirus.

Avast! has come a long way when it comes to building a smart, efficient and useful program. In the past, a big issue with antivirus software was that it took up a lot of processing power to run, leaving your computer sluggish at times. Taking up almost no processing power at all, Avast!'s seven service-shields run silently in the

Working off of the principle that multiple low-level shields can do a much better job than one wide-level shield, Avast! allows us control over seven different ones. Continuously scanning primary sites of infection, these shields work independent of each other; file, system, mail, web, P2P, IM, network and behavior. Since they're independent of each other, you can pick and choose which ones you want to have running. Unless you turn them off, these shields are always running, yet separate from the system-wide scans that Avast! also offers.

Using system-wide scans is extremely easy. When you start the program, you'll be on the summary page of the Avast! graphical user interface. On the left side, a menu shows us four different sub-menus; summary, scan computer, real-time shields and maintenance. Click on "scan computer" to get to the next major function of Avast!

System-wide scans have been the staple of antivirus programs since they were invented. They look at every single file on your computer and crosscheck them with a virus database that has been growing since the 90's. Avast! allows you to do "filesystem scans" and "boot-time scans."

Under the "scan now" menu, all you have to do is click the "start" button on one of four types of scans; quick, full, removable media and folder. If you click "more details" on any of these, you can further fine-tune the scanning options. However, for most users, the basic options should be satisfactory. I recommend running a full system scan at least once a month if not more.

Some viruses can be really nasty and crawl into your computer's start-up files. This means that they are virtually impossible to delete while your operating system is running. To resolve this, antivirus programs allow you to do a boot-time scan. To do this in Avast!, just click on the sub-menu "boot-time scan" and hit "schedule now." Next time your computer starts up, a full-system scan will take place before any viruses can turn on.

Other Avast! options allow you to see shield statistics. Clicking on "real-time shields" on the main menu will take you to a sub-menu of each of your shields. Clicking on any of these will give you real time statistics on the number of files each shield is scanning.

The last important thing you need to know about is the "virus chest". To access the chest, simply click on maintenance>virus chest. This is the place where viruses are quarantined if found in a scan. If you know what you're looking at you can right click each file here and either delete or restore it. If you don't know what these files are, it's best to just leave them here instead of deleting them. Antivirus has been known to quarantine semi-necessary computer files and deleting them could be hazardous.

Have a question for What the Tech?! Email us at wtt.globe@gmail.com.

Kathryn Jone

Dear Mom,

I am an instructor at SLCC. I know that you usually respond to students, but I have a question regarding students and their conduct not only in my class but also through e-mail. Most of the students I've had through the years have been very respectful; they follow the rules set forth during the first class period. Occasionally, however, I have had students' who choose to follow their own agenda. They think they can make up the rules along the way and behave whatever way they'd like in class. They have no regard for me and for what I do. I often get e-mails that are not only rude but break the 24 hour waiting period that the student is supposed to honor before they reply. I have put this rule in place so that the student will be objective when they contact me. I am often asked about doing extra credit when the student hasn't even finished their assigned work. The list goes on. I want to be a fair teacher; one who takes into consideration the feelings of the student, but I also feel the need to structure my class so that everyone will gain from the experience. Students who work hard get the kudos—they get to turn in an assignment late because of some extenuating circumstance, for example. I don't give the same opportunities to students who just want an easy way out. Am I wrong?

Sincerely, Tired Out

Dear Tired,

In my experience, teachers are pretty flexible and open minded about a student's idea as long as they know the student is respectful and on the up-and-up. Like you, they know if the particular student has been doing their best in class and will usually follow suit with a positive response.

Since it sounds like you are trying to do this, I provide a short list to help students: Students need to remember that their teachers have an outside life in addition to their life in academia. They have feelings, too. When you send an e-mail, re-read what you send before you send it. Make sure that you are beyond the angry stage, at least beyond the stage where all you can see is your side of the story. Keep the e-mail to a minimum and show respect to your instructor by the words you use and the suggestions you give. Often, the best thing to say is, "Can we meet soon for a conference? I have some questions about my work," or "I have some concerns about my grade that I'd like to better understand."

Time and consideration is what is important.

Follow the rules. Rules are made to be broken, but only (in my humble opinion) when you are doing your part, too. If you think you can change a rule mid-stream because you got a "D" on your mid-term, think again. There is a reason you received a "D" and this may just be the opportunity you need to discover why.

If you are a good student and happen to ask for a favor, respect your teacher if he or she says no. I once asked if a test could be open book—I was taking a short course during the summer and was having a difficult time remembering the terms. The teacher said no. He was sorry he said, but because of a previous "bad" experience with a student, he'd decided to no longer distribute open book tests. I thanked the teacher and did my best.

That's all that anyone of us can do.

Love, Mom

> Have a question for mom? Send if to globe@slcc.com

ARTS & ENTERTAINMENT arts.globe@slcc.edu Sevendust, Cold Day Memory

Ashley Whitesides

Staff Reporter

Sevendust just released their 8th studio album, Cold Day Memory, in April of this year, their first studio album since the return of the original guitarist, Clint Lowery. Cold Day Memory is an emotional, hard hitting metal album that continues the Sevendust tradition of molding hard metal around a melodic chorus. Their tour comes through Salt Lake this year at In The Venue on Nov. 2.

Lowery left the band in 2003 to pursue other musical aspirations with his other band, Dark New Day but in 2008 decided to come back to the original band he helped create.

"He was with us the whole time when we were putting the band together and getting the record deal," Sevendust drummer Morgan band again and everything

Rose said.

During the time that Lowery wasn't around, Sevendust toured and recorded with Snot drummer, Sonny Mayo. Rose said that during the five years that Mayo played guitar with the band, it was an entirely different band, "Sonny-dust and Sevendust."

The writing process during those five years was left entirely up to the rest of Sevendust, without Mayo having any input or say.

"Sonny didn't have a real chance with us," Rose said. "We had a manager at the time that was kind of a tyrant and his whole make up was to not allow anyone else in the family."

When Lowery came back to Sevendust it was like the family had gotten back together. The band began writing music as an entire

was back to normal.

Sevendust began working on Cold Day Memory in October of 2009 and gave full creative freedom to Lowery to write the music. The other members of the band still contributed but any idea that Lowery presented they immediately ran with.

"I had been writing the majority of the lyrics for the last three records before this one," Rose said. "There's always some kind of drama going on in my life and it seems like with every record I can always pull from prior year or two and say 'Wow. That was a rough run' and with this one in particular I had a lot to say but I didn't feel like saying. I didn't want to go through the whole talking about the divorce and all that stuff."

Rose has never been one to talk about his private life, not even in his music.

Although he knew that he had to come public with it but didn't want to do it in lyrics. Even though Rose wasn't writing most of the lyrics on *Cold Day Memory*, he said the lyrics "still hit home" because he and Lowery have a lot in common in their personal lives.

Sevendust is now on tour promoting Cold Day *Memory* and will be playing in Salt Lake on Nov. 2 at In The Venue with 10 Years and A New Revolution. Rose admitted that it's been a while since Sevendust has played a proper headlining show in Salt Lake but they're excited to come here to see all of their friends and

Being on tour for months at a time, not being able to see family or have a consistent connection with the world can seem like less of an adventure as time goes young he decided to do it

"We're definitely the kind of band that almost half the time needs to see the sign that tells what city we're in because it literally is a different one every day," Rose said. "It becomes very twilight-zone-ish."

Metal bands are unlike any other when it comes to tours, from Ozzy biting the head off a live bat to GWAR's elaborate stage sets, but even if the band itself doesn't do something crazy, someone in the crowd probably will and Sevendust shows are no different.

Rose said that he will never forget when he came to Salt Lake 13 years ago and almost got arrested for lighting up a joint on stage. He admitted that he doesn't even smoke pot and probably wasn't even intending to smoke that joint but because he was

anyways.

"We've had shows where 18,000 people are completely shut down, the whole crowd is dead silent and an ambulance gets pulled through the middle of the amphitheater, someone puts a guy in the ambulance and drives off to the hospital. Then they look at us and say 'time-in, time to start playing again," Rose said.

Sevendust is a band that has pioneered the new sound of metal, combining beautiful melodic vocals with hardcore lyrics and heavy metal compositions. With the return of Clint Lowery, Sevendust finally has that last piece of that musical puzzle back. Every metal fan, young and old, should definitely have a place in their heart for *Cold* Day Memory and the rest of the Sevendust albums.

ARTS&ENTERTAINMENT arts.globe@slcc.edu No need to hurry to Hereafter

Loren Teryl
Arts Reporter

Provided you've seen any form of marketing for *Hereafter*, from TV spots to trailers, you'll expect the opening tragedy. As a tsunami rips through a village we watch as a woman scrambles to save her life. With the exception of this first sequence, your expectations might be a

little different from what

Hereafter actually is. For a film with a title in reference to a place where the deceased pass on to, it thrives on telling the story of those who remain in our world. Instead of jumping to the meat of the story, Peter Morgan's screenplay takes its time to settle you into any sort of momentum. This would be difficult to accept in a lot of other films but with Clint Eastwood's subtle direction and gentle, if non-existent score, it's perfectly paced, something that might not appeal to general American audiences.

Hereafter follows the lives of three people. Marie, a French journalist while on vacation is among the victims in a tsunami. After dying for a moment and being brought back from death, she becomes focused on opening societies eyes to the true idea of an afterlife. Marcus is a young boy who loses his brother in a tragic accident. After his mother enters the system for her drug problem he is forced to live with foster parents but is consumed with

speaking with his brother one last time. George is a psychic/medium who has left the business of doing readings. He wants to live a normal life that is separate from that of the world of the dead. All of these plot threads play out separately but in the end weave together to make this tale complete.

Probably the most distracting aspect of this film is the casting of Matt Damon. Although perfectly executed, his presence makes you believe that he is the sole protagonist in this movie, making it hard to balance the importance of each of our leads. No complaints in regards to his acting, he did a great job personifying someone who is going through life trying to avoid human contact. Despite that, the scene he had with Bryce Dallas Howard in the night school class showed how intimate two people can be without actually touching.

Hereafter was probably released later in the year to be an early contender in the Oscar race, but don't expect any elements in this film to have what it takes to make it that far. Clint Eastwood puts more or less all of the best elements together to create a good film but it really lacks the vigor to make a long lasting impact.

Rated PG-13 for mature thematic elements including disturbing disaster and accident images, and for brief strong language.





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Wednesday, October 27, 2010







