

THE GLOBE

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NOVEMBER 17, 2010
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BREAKING GROUND

New building to be completed Fall 2012

David Bell

Contributing Writer

Salt Community College dignitaries attended a groundbreaking ceremony for the new Instructional and Administration building at the Taylorsville Redwood Campus.

Last Wednesday SLCC held its official groundbreaking ceremony with SLCC President Dr. Cynthia Bioteau, Taylorsville Mayor Russ Wall, and other officials in attendance.

The groundbreaking ceremony was held at the Alder Amphitheater, with around 60 people in attendance. The ceremony brought out officials from Taylorsville and SLCC. Among the dignitaries that attended there was the Honorable Senator Micheal Waddoups, Senator Mayne, Chair Person Board of Trustees Jesselie B. Anderson and Student Body President Liu Vakapuna.

President Bioteau delivered the opening speech, thanking all community members, trustees and local officials for attending.

The groundbreaking was performed by Bioteau, Waddoups, Wall, Anderson, and Vakapuna.

Photo by Angelo Dalisay



Photo by Angelo Dalisay

Jordan Gough, Morgan Martin, Liu Vakapuna, Kade Smith, and Peter Moosman from Student Life and Leadership.



Photo by Angelo Dalisay

The new building is funded by a \$29 million appropriation by the Utah State Legislature. The proposed completion date for the building is fall 2012.

She stated that SLCC is ranked third in the nation for degrees confirmed in May.

"The majority of the building will go to learning space. I can't wait to be a part of it," Bioteau said.

There was a short speech made by Senator Waddoups in which he said that SLCC is the best deal in education in the state - and that he also considered it to be number one.

Mayor Wall gave a speech that included the history of the college and his family. He said he is a supporter of the college.

"I'm proud to have the college in Taylorsville. It's a great campus in a great city. SLCC is a great school. This new building is like icing on the cake," Wall said.

The groundbreaking kicked off with chosen dignitaries driving shovels into the ground. Bioteau, Waddoups, Wall, Anderson and Vakapuna were all granted the honor.

The new building is funded by a \$29 million appropriation by the Utah State Legislature. It will be a 136 thousand square foot building, with 75 thousand feet devoted to classrooms and student spaces. This will help the college to use less portable classrooms. The proposed completion date for the building is fall 2012.

Spreading hunger awareness with food

Bryanna Boyle

Contributing Writer

Going hungry is something Linnie Spor, the Thayne Center's Service Leadership Coordinator, has to deal with often. She said she has SLCC students that come to her when they don't have anything to eat, and they don't know what to do.

"Utah is 4th in the nation for food insecurities," Spor said.

In order to help the SLCC community understand the gravity of the problem, for Hunger and Homeless Week, the Thayne Center is hosting an Oxfam Banquet.

This is how it'll work: guests will draw tickets at the beginning of the night that will randomly assign them to either a high, middle, or low-income tier. How many tickets there are to a tier is based on the latest statistics about the number of people living in poverty. Each income level will then receive a meal that corresponds with their income level, according to www.oxfam.org.

Hunger/Continued on page A4



campus
native
american
day
A3



community
globus
relief
A5



arts &
entertainment
unstoppable
A10

Diversity Workshop on Redwood Campus

Joseph Meyere

Staff Reporter

The Student Life and Leadership, in conjunction with the Arts and Cultural Events committee will be holding a diversity workshop on Thursday, Nov. 18 at noon in the Student Event Center. The workshop is part of a series of workshops to help students understand how to get along with those who are different from themselves.

The theme for this workshop is "Understanding my own diversity"

and will be facilitated by Dr. Abio Ayeliya, the Student Life and Leadership coordinator.

"So basically we are trying to promote diversity and try to

Students will be asked to participate in the innovative workshop as Ayeliya explores what makes us as individuals diverse and special. Students at one point

"Understanding My Own Diversity"

Thursday, Nov. 18 at noon
Student Event Center

implement it," Ayeliya said. "We cannot understand diversity issues until we understand our own diversity."

will be asked to talk to others in their own communities and share their own unique diversity with them to help each other understand

and work on their own diverse backgrounds.

The workshop follows on from a workshop Student Life and Leadership held in October. Those who did not get the chance to attend the previous workshop are more than welcome to attend this one, and will be welcome to attend the workshops coming next semester.

The workshop will be open to both students and staff of SLCC and is free. Also, there will be free refreshments provided for all that attend. For questions, Ayeliya can be reached at 801-957-3870.


STUDENT EVENTS

WED/17

Hunger and Homeless Week 11/17~11/21

12pm~1pm
Invisible Children @ Redwood: Student Center

12pm~2pm
Open Mic @ Redwood: Cafeteria, Student Center




PARTLY CLOUDY
47°/33°

THURS/18

10am~4pm
Cafe International @ Student Involvement Center.

12pm~1pm
Diversity Exploration @ Redwood: Student Center


6pm~9pm
OxFam Banquet @ Copper Room of Student Event Center



PARTLY CLOUDY
54°/39°

FRI/19


5:30pm~7pm
Pie Fest @ South City Campus.



MOSTLY CLOUDY
53°/41°

SAT/20


11am~1pm
Hunger and Homeless Info Booth @ Redwood: Student Event Center



SHOWERS
46°/38°

SUN/21

7pm~9pm
Battle of the Bands @ Redwood: Student Event Center




RAIN /SNOW
42°/31°

MON/22

6:30pm~8pm
Gay Writes DWS Writing Group @ Writing Center


7pm~8pm
Environmental Writing Group @ SLC's Main City Library



FEW SNOW
34°/29°

TUE/23

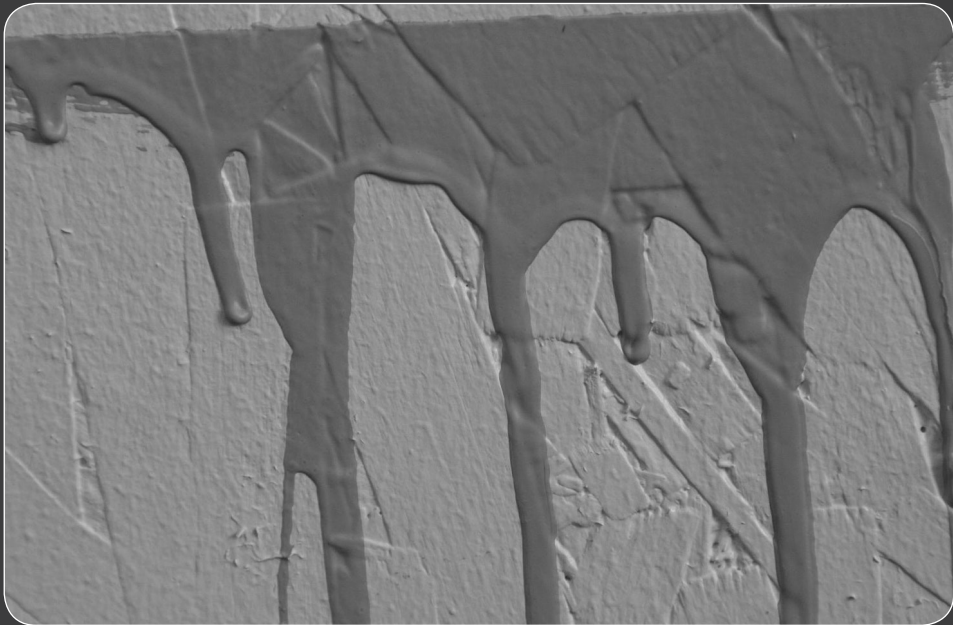
8am~5pm
Business Writing for Managers @ Miller Campus: MPDC Room 229



PARTLY CLOUDY
38°/30°

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

SLCC PICS



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 November 23rd.

Congratulations to Justin "Gus" Calder, the winner of last week's SLCC Pics!

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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 submitted. The Globe encourage emails/ notices of events. However, any request of coverage of an event or issue should be made within a time frame of at least one week.

The New York Times Crossword

Edited by Will Shortz

No. 1013

ACROSS

1 "The Da Vinci Code" priory

5 Disgusting-tasting

9 The first to stab Caesar

14 Feminine suffix

15 Key point

16 Gordon and Ginsburg

17 Dog in whodunits

18 Fine-tune

19 Register

20 Place with a "You Are Here" map

23 Brew source

24 Dermal opening?

25 Fleet letters

26 Packed away

28 Left at sea

30 Anchor-hoisting equipment

33 Go straight

35 Howard who parodied Adolf

36 Affirmative actions?

37 Longtime Greenwich Village music venue, with "the"

40 Source of bubbly

43 The other army

44 Innumerable

48 Protection for Pelé

51 Slowly, to Solti

52 Ground breaker

DOWN

1 Five-pointed creature

2 Like most gym rats

3 Keeping up with

4 Tide type

5 TV blocking device

6 Having a twist

7 One getting an inspiration?

8 Will figure

9 Actor Richard of "Rambo" films

10 Unpaid sitter, perhaps

11 Like some dirty windshields

12 "Through the Looking-Glass" laugh

13 Hand communication: Abbr.

21 Lab dish inventor

22 Hold in regard

27 Some R.P.I. grads

29 Batpole user

31 Mideast leader: Var.

32 Core group

34 Japan's highest point: Abbr.

38 Wedding reception participants, often

39 Hose material

40 Smokestack emission

41 More ostentatious

42 Connect with

45 Sulky

46 Emory University's home

47 Hanging in there

49 "Beat it, kid!"

50 Get wider

55 Where hash is "slung"

58 E-mailed a dupe to

59 Jillions

60 Orders at a 55-Down

61 A.L. Central city

PUZZLE BY ALAN ARBESFELD

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.

Native American Day

The art of giving

John Fisitehau
Contributing Writer

Native American awareness filled the Student Event Center with hand made crafts, flute playing, and hoop dancing on Thursday.

Brian Anderson, a member of the American Indian Student Leadership (AISL) and native Navajo, said all of these efforts of the day were to “raise awareness to Native American culture and assist in the community in any way possible.”

Navajo crafters sold necklaces, earrings, and dream catchers to SLCC students.

Navajo ghost beads were displayed for purchase as well. They are made of cedar berries that the Navajo gather. Chipmunks then nibble one end of the berry, which enables the crafter to string the berries to a beaded necklace. The connection between earth, tree, animal and human is believed by the Navajo to bring tranquility and keep evil

sprits away from the wearer.

Educating SLCC students through Native American jeopardy revealed some interesting facts about the history of American Indians in the United States. Some facts include that one out of a 100 people in the US are Native American. There are currently over 300 Native American reservations that dot the country. Their population totals over 1.5 million.

The multicultural division of the Peer Action Leaders (PALs) hosted the all day event. Cristy Gomez, a mentor for PALs , explained, “We are here to engage the community, inform students, and get the word out on multicultural issues.”

A hoop dancer performed traditional dances all to the beat of a drum. Rose Yassie, a dancer and the president of AISL commented that her organization represents the Navajo, northern Arapaho, northern Ute, Piute and Goshute tribes. “Its important to be aware of other cultures and respect them.”

Bryanna Boyle
Contributing Writer

Surviving Auschwitz Death Camp, and Dachau Concentration Camp is not something most people can say is part of their family history.

This is what this year’s SLCC Tanner Forum on Social Ethics speaker, Julie Salamon’s parents overcame. Salamon attributed her introduction and interest in giving partially to her family’s history, along with how she was raised.

Salamon grew up in a very small town with a population of 800 called Seamen located in Ohio, where her father was a doctor. Salamon said her father would never turn a patient away because they were short on funds, “[He] had a whole long list of people he would not charge.” She described her father as an altruistic giver, and her mother as more of a “practical” giver. Her mother is a generous person, “...but likes her generosity to be attached to a tax deduction.” “This was my early training, and [giving] is just what you did.”

Salamon came to SLCC Nov. 9 to discuss The Art of Giving, and her book, Rambam’s Ladder: A Meditation on Generosity and Why it is Necessary to Give.

Rabbi Moses Ben Maimon is also known as Maimonides, and Rambam, an acronym of his name, lived in Spain in the 12th Century during the Golden Age. “ [This] was a time where there was peaceful coexistence between Christians, Jews and Muslims,” is how Salamon described the Golden Age.

Rambam’s ladder has eight levels of giving; the first level is the lowest level of giving, and the last level is the highest or best kind of giving. Salamon started her research at the bottom of the ladder; the reluctant giver.

“I think that in the beginning we are all reluctant givers...and anyone who thinks this isn’t true doesn’t remember being a baby,” she said, then went on to explain how young children do not want to share their toys before they learn the benefits of sharing, such as gaining new friends and being able to use their new friend’s toys along with their own.

The second step of Rambam’s ladder is to give

less to the poor than is proper, but to do so cheerfully. “Every charitable act has an equation depending on your own life,” Salamon said. “What is the order of responsibility after you take care of your family...try and figure out what is important to you...you can’t give to everybody, and you can’t give to everything.”

The third step of the ladder is to hand money to the poor after being asked. In the middle levels of Rambam’s ladder, “He is very concerned with questions of shame,” Salamon continued, “The middle three levels are about; to hand money to the poor before being asked and risk them feeling shame, to give money to somebody you don’t know but you allow your name to be known, and then the highest level to give to somebody you don’t know and to do so anonymously.”

There is also a level between those three that is giving to someone you do know, but who does not know from whom he is receiving help from.

“What all these middle levels of this ladder are dealing with is the relationship between those who have and those who don’t have,” Salamon explained. “What really mattered to Rambam was that the people who had didn’t feel superior to those who didn’t have and those who didn’t have did not feel inferior.”

“The highest level was to make someone self efficient so they don’t need to receive anymore.” Salamon said.

She explained that she volunteers at a homeless shelter, and at that shelter they try to provide everyone with counseling and whatever it is they may need to become self reliable. Salamon said it becomes a community, and they form groups for the homeless, or former homeless to help them with their success and keep them from ending up back on the street.

When she was asked about what happens to the giver, Salamon responded that giving gives people a feeling of empowerment.

“In some cultures giving is the biggest form of power,” She added. “The ability to give means that you have something, a teacher has the ability to impart knowledge, and somebody who has extra cash can give that.”

She explained that, “Giving is action,” and you can be the one drop in the ocean that causes the ripple effect.



Photos by David Horne

The Navajo Taco Special at SLCC for the Native American Festival was delicious. It starts with a warm, pillowy scone bowl that is then filled with seasoned beef chili. This can then be garnished with lettuce, diced tomatoes and onions, shredded cheese and sour cream. A few jalapenos added just the right kick. It’s a shame it was only a festival special.



Turquoise is said to bring success to its wearer. Native American culture uses a large amount of turquoise in their jewelry and designs can often be very ornate. Because of roadside kiosks on Native American reservations, their designs can be purchased and worn by passersby.



Cedar berries are collected by Navajo tribe members and chipmunks help eat the outer layer to allow for stringing and beading. The harmony that results from the interconnection of earth, tree, animal and human is believed to ensure tranquility and keep evil spirits away from the wearer.



Dream catchers are a common Native American craft. They come in many sizes and are believed to capture nightmares in their intricate webs. Dream catchers are commonly hung above beds where dreams can take place, but they have found homes as jewelry and other accessories.



Naakaii, a UVU student and a member of the Navajo tribe performed and intertribal hoop dance. He said it is a dance for the eagle.



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Hunger

Continued from page A1

actfast.oxfamamerica.org.

“Guests can also assume characterizations that describe the situation of a specific person at the income level to which they’ve been assigned,” the website explains.

Spor said that the Banquet is a very powerful event, and she is hoping that it raises awareness of global hunger and poverty.

Thursday November 18th, the Oxfam Banquet is being hosted at Taylorsville Campus’ Student Center, in the Oak Room from 6-8 p.m. It is open to the public and free for everyone, though it is encouraged to bring a can of food.

SLCC has had and Oxfam Banquet for at least seven years in a row. The Oxfam Banquet is “student driven,” and Linda Hilton from Crossroads Urban Center will be the guest speaker. Hilton works with the homeless every day according to Spor.

She also added that local hunger and poverty will be discussed along with global hunger and the

lack of basic needs.

At the banquet there will be pamphlets for students in need, there are a lot of struggling students, “we know that,” explained Spor. In these pamphlets students will be able to find information about pantries, and other ways to get food. She referred to food pantries as the “band aid approach” and hopes that people will also learn to grow and care for food, as this is a more permanent fix. SLCC’s community garden is part of this attempt to educate people about growing food.

She also discussed the food co-op that can be accessed at foodco-op.net and is a way for the needy to get basic food such as vegetables and meat at discounted prices.

Spor said, “If you’ve not attended a SLCC activity yet, or even if you have, don’t miss this event.”



Please Recycle

Thankful Students

Laura Craven: I’m thankful for living in a free country.

Chris Braithuaite: The opportunity to study in school and have a job.

Nathan Cunningham: I’m grateful for good teachers.

Matthew Cunningham: Good friends.

Austin Day: Health.

Don Harsh: My family.

Troy Overson: Opportunities to develop humility, music, clean water.

Sulu Tofete: I’m thankful for a lot of things! But right now as of this moment I’m grateful for the San Francisco Giants winning the World Series.

Tyler Nicholls: My family, this great free country and its freedom. My friends. The gospel. I’m also thankful for school and the opportunity for a better education.

Darren Pugh: Paul Millsap.

Kellsy Guillory: Kevin Garrett.

Katie Bringhurst: My mom and the great example she is to me.

Stacie Whitehouse: My family, friends and freedom

Celeste Littlewood: I am thankful to be alive so that I can meet new people and family.

Paul Haggerty: I am thankful for little and simple joys in life, getting to experience being with people in my life, and the chance to feel happy.

Christopher Neff: I am thankful for my family, my friends, Christ, my trials and my happiness.

Nathan Netherly: I am thankful for my family and friends, the freedoms we enjoy and the beauty of the earth.

Eric Ramirez: I am thankful for my amazing friends and family and for the love and care I receive from each and every one of them.

Mason Eyre: I am thankful for the Savior.

Neil Lowe: My family and friends. The opportunity I have to educate myself.

Carleen Mumaw: Being Healthy!

Lorin Colby: I’m grateful for being able to go back to school free.

Kandice Newren: A good steady job and friends and family.

MCC staff, Globe reporters and contributing writers give thanks

Ceville Bailey: I am thankful for my eyes and brain, which helped me through the five hours it took Monday night to get this issue ready for layout. Oh, and caffeine. I am also thankful for the authority to scale down the book-length “thankfuls” I received from my staff (just kidding). In all seriousness...I’m thankful for all the people that contribute to this great paper. I couldn’t do it without them.

Elise Bassett: I’m thankful for the student fees board.

Alison Arndt-Wild: I am thankful to live in a state where people and restaurants know what fry sauce is.

Melissa Hunter: I am thankful for my friends and family. They do so much for me even when they don’t realize it. They are worth living for.

Mamey Kamara: I am grateful about the blankets that I made at the humanitarian center for helping the children of Peru. And I am also grateful to have the opportunity to go to school at Salt Lake Community College because I learn new stuff that I didn’t know before.

Sean Gustafson: Of course I can’t go over all of the stuff I’m thankful for, but simply I’m thankful being with the radio, and the chance I have to do what I love to do. In this economy, so many people take what they can get, I’m lucky to be able to not only have a job but the best darn job EVER!

Michael Sharifi: I am grateful for my health that enhances everything else in my life

from school, work and other activities.

Ashley Whitesides: I’m thankful for good books that allow me to escape the dull realities of college life. To be cliché, I’m also thankful for my friends and family who have helped me get through some times in my life that could have been really terrible.

Joseph Meyere: I’m thankful for the beautiful mountains we’re surrounded by.

Terra Gomer: I am thankful for my mom and my boyfriend, Troy. Without these two people I would not be the person that I am today.

Joe McCormick: I am thankful that we are able to take major life steps by accomplishing small-scale goals.

Emmie Jones: I am thankful for my job and the opportunities that always arise. I am thankful for a mind that is constantly learning to express itself. I love Thanksgiving, too! Good food and company makes a happy woman!

Ann Chen: I am thankful for all my friends, family, Ligretto night, and Mr. Feller for inspiring me to pursue in Graphic Design. Oh, and Sufjan Stevens.

Bryanna Boyle: I am thankful for the many opportunities that are offered in day to day life that help me work towards my goals. I am also so thankful for the opportunity to further my education. Most of all, I am thankful for my best friend who is there to help me when I need it, and enjoying the good times with me, and my supportive family who is always pushing me to be the best person I can be and to never give up on myself.

Valor Alvarado: I’m thankful for an amazingly supportive family (and my dog Beau), and some of the coolest friends and classmates you could ask for. I’m also thankful for the Visual Art and Design Photography program here at SLCC and the opportunities available here including The Globe Newspaper.

Jarrett Reich: I’m thankful for Con Air. That movie rules.

Angelo Dalisay: What I am thankful for is the chance to reunite with my friends and family in California, whom I have not seen in years. This will give me an opportunity to catch up and reminisce of the past and future events.

David Bell: I’m thankful for being able to walk. I’m also thankful for my kids.

Nick Burns: I am thankful for every person on earth who sees social and economic justice as the path toward peace.

John Reuben Wolsey: I’m thankful for dear friends, democracy, dalliance and dreams where cool things happen. I’m also thankful for health, happiness, opportunity, amazing music, fine chocolate, free food and strangers that are kind to each other.

Kathryn Jones: I am thankful for my family and the great opportunity I had to attend college and graduate with a bachelor’s degree in Mass Communication. My family supported me the entire way with their helpful comments and love.

Global contributions by local volunteers

Michael Sharifi
Staff Reporter

This time of year we think about what we are grateful for, perhaps looking around for something significant to be part of. Unfortunately, many conversations of late are starting or ending with, “you know with the economy.”

Even with the current economical situation as it is, the majority of Americans are above the poverty line. What about those families who truly are on hard times - homeless, hungry, and without Medicare? Neither State nor Government

politicians seem to agree when it comes to helping those who are in dire need, but there is a place that does.

Globus Relief, established in 1996 is a company that provides medical equipment and supplies to Non-Government Organizations registered as non-profit companies.

According to Ash Robinson President of Globus Relief, “We are partnering with charities, corporations, hospitals and governments working to

Globus/Continued on page A6



Photos by Michael Sharifi

“We are partnering with charities, corporations, hospitals and governments working to provide access to improved healthcare in over 100 countries throughout the developing world and here at home,” President of Globus Relief, Ash Robinson said.

HUNGER and HOMELESS week

1



= 20



Empty Racks, Not Cupboards.

From November 17th through the 23rd, the Mass Communication Center will donate twenty non-perishable food items to the Utah Food Bank for every Globe newspaper rack that is emptied.

DVD and BYU-Utah Ticket Giveaways!

To enter, bring a non-perishable food item to the live radio remote at the Student Center, Wednesday, November 17, 11am to 1pm.



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COMMUNITY

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Globus

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provide access to improved healthcare in over 100 countries throughout the developing world and here at home.”

The company has no field operations of their own; they count on charities and organizations for their expertise. So not to duplicate their efforts, they specialize as a wholesale distributor to supply other organizations and to complement the specialized work of other groups.

100,010 sq. ft. is shared between two warehouses storing mixed medical supplies that need to be sorted and packaged. This is where the charity of volunteers makes an impact on the community and healthcare efforts worldwide.

Laura McDade (Globus Relief Volunteer Coordinator) says there are 400 lbs. of mixed medical supplies and 200 pallets full of expiration dates sitting in the warehouse

that she needs volunteers to help sort through and separate by dates. This year they expect to have 24,000 volunteer hours, equal to nine full time employees, this will be double the volunteer hours for the previous year. Their contribution helps keep unnecessary medical supplies out of landfills which in turn supplies medical equipment to doctors, charities, clinics, and hospitals effecting the humanitarian efforts locally, nationally, and internationally.

During the floods in Pakistan the company created packages from their medical supplies that included protective gear such as coveralls, gloves, and masks, used for the humanitarian clean up efforts after the Pakistani’s national disaster.

Aaron Lock, the Globus Relief Humanitarian Development Coordinator, is always thinking ahead by designing and preparing supplies, like sheet, drapes, and towels for a 25-bed hospital lasting for 3 days.



Photos by Michael Sharifi

Globus Relief, established in 1996 is a company that provides medical equipment and supplies to Non-Government Organizations registered as non-profit companies.

OPINION

opinion.globe@slcc.edu

The perils of a turkey bowl

Austin Wolford
Contributing Writer

Food, football and good company - Thanksgiving is here. Being with your loved ones is one of the greatest feelings in the world. NFL football on Thanksgiving makes the day that much better. There is nothing like eating and watching the best football players in the world play. On Thanksgiving morning, we are the ones who set the pace for the day. Groups of families and friends gather across the nation to play their annual Turkey Bowl, each with their own (mostly similar) traditions and battle scars.

The Turkey Bowl is played everywhere in our great nation. People wake up in the early morning to meet with family and friends. They gather at their chosen location, saving the playing field till the rest of their group shows up. The teams are split up and sent to battle.

When the dust settles and the smoke clears, one team will be claimed victorious and having bragging rights for the next year. Some groups even have awards for the day’s Most Valuable Player (MVP). The MVP is the player who was a standout and did all he or she could to help their respective team.

Injuries are a risk these warriors take when they step on the field. Some injuries are small, a rolled ankle or a minor bruise; others are major, torn ligaments and broken bones.

Court Warner, a SLCC student, spoke of an injury he witnessed one year, “It was a cold day and the ground was froze over and still thawing out. One guy was getting a little too rough and picking on the smaller kids. My friend’s

dad then decided to play and started a battle between him and the other guy. The guy jerked my friend’s dad on the way and went. My friend’s dad lunged and grabbed his shirt, with one arm he pulled him to the solid ground slamming his teeth through his bottom lip. Needless to say it wasn’t pretty and he needed stitches.”

Zach and Jake Allan, both brothers and SLCC students, agree that the turkey bowl is fun but dangerous. Zach claims, “The dangers of football are always there, but it’s a risk we face for the price of fun.”

Jake added, “Man up, take the risk. There are dads there. These old men take risks too and some walk away sore but glad they got a chance to play the game they loved.”

Though many don’t mind the risk, some are afraid, very afraid.

“My boyfriend plays every year and always has me worried sick,” Ally Wisniewski, a former SLCC student said. “I see him getting tackled and every time I hold my breath. I think he does it on purpose though because after every game he ices his knees and I always take care of him and get him anything he needs. Though I worry, I’m just glad he has fun and enjoys the time he has with his friends and family.”

With all contestants beaten and battered, they shake hands and meet for a quick snack. Eating away and reminiscing on the games and past stories, enjoying ones company and being thankful for all they have. Most gather and take a yearly picture to finalize and set in stone that year’s game. The most important thing is to realize all you have and be thankful for what you have because it could be worse.

What the Tech?!

Case Maintenance

Joe McCormick
Staff Columnist

If you use your computer daily, you want to make sure you stay on top of keeping your operating system clean. This task has been made easy by some great software, CCleaner and the Windows Disk Defragmenter. CCleaner is a wonderful little program that searches your computer for all the temporary files you may have and removes them. Disk Defragmenter helps organize the information on your computer so it can be accessed and stored faster.

Temporary files are created whenever a program needs to store information to be used for the duration of your task; generally, Internet usage creates the most temporary files. Based on what you do on the Internet, there could be quite a big chunk of space used up from temporary files. Over time, these files can build up and slow down your system.

CCleaner can easily be found on Google and installation is just as simple. Once installed, using it is even easier than downloading it. A cool feature is that they have tacked on CCleaner options to the recycling bin. Simply right click the recycling bin icon sitting on your desktop and you should see an option called “Run CCleaner.” If you don’t, you can always find newly installed programs by going to Start>All Programs.

After you run CCleaner from the recycling bin icon, you’re done. There is nothing else to do. This is a great thing about the program. What it has just done is removed all sorts of useless files. If you have your Internet browser remember your log-in status on some websites, that will be gone and you’ll have to log-in again. This only happens the first time after you clean your temporary files.

If you don’t want CCleaner to delete your Internet files, or any kind of temporary files, all you have to do is tell it not to. Once again right click on the recycling bin icon on your desktop and this time select “Open CCleaner.” This will bring up the application window and you should see a list of files with check boxes next to them. Simply uncheck the file type that you don’t want to be deleted. Internet log-in credentials are generally stored as “Cookies” but could also be under “Temporary Internet Files.”

The next step is making sure your hard drive is as organized as can be, which will allow it to find and use files faster. Your hard drive stores information on a metal disk. When you add information, this disk fills up sequentially in the order you added it. When you delete information it creates empty gaps in the information chain and this is why computers slow down. Eventually your data becomes spread out and, as you begin to put data on the outer edges of the disk, it takes longer for the needle reading the information to get back to the inner edge. The most important time to clean is when you’ve recently added or deleted a large amount of disk space.

To clean, we use the Disk Defragmenter. To get to the Disk Defragmenter simply click Start>Programs>Accessories>Disk Defragmenter. You can schedule your computer to defrag whenever you want, but that’s generally not necessary. Simply click on your main hard drive, typically the C drive, and hit “Defragment Disks.” This is a long process and can take hours depending on the speed of your hard drive and the last time you cleaned, so you’ll want to do it when you aren’t using the computer.

First the program will analyze your hard drive and see how the files are allocated on it. Because of this, and the actual defrag process, you do not want to be using your computer during this time. Almost every time we use a computer, temporary files are created. This creation will slow down the defrag process, so avoid use. After analysis, the program will proceed to reorder the information on your hard drive so that it all falls back in a continuous line, putting the empty space at the end. In theory this can speed up your computer greatly if you haven’t done it in a long time.

You’ll want to run CCleaner about once a week to keep up on the files that build up. If you do a lot of work with large files, you’ll want to defrag maybe every two weeks, but every month at least. Doing these two things will put you on the right track to keeping your computer running smoothly.

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

BEAR NECESSITIES

health & fitness

Fat for the holidays

Michael Sharifi
Staff Columnist

Understand, Thanksgiving is a day that diets are shunned, even by the experts. It's one of the few times out of the year we spend time with our families and attempt to get along. How important is your diet if you're not happy and you are angry with everyone else around you for eating? Part of your health is your happiness, minimizing the stress levels and putting fewer burdens on your body. In fact, Thanksgiving can be a great day to learn how to eat properly.

You're waiting for the other shoe to fall; I can understand your skepticism. It is true with so much food prepared you can learn to eat small meals throughout the day. No, I am not talking about munching on carrots and celery. Eating is all about balance and portion. I am going to share an analogy my brother shared with me, whom is also a fitness model.

Imagine you're a prisoner in a dark cell; you are fed sporadically, having no idea when the next meal will come. You start putting food away storing it for later, much like your body

does... as fat. Now like clock work you are fed regularly every few hours, you know the food will come, so you stop storing the food and eat what is brought to you.

Here is the second analogy to the story about portions. Have you ever put a big log on a campfire? It takes some time to burn and usually the fire only uses up part of the log. When you put smaller sticks into the fire, they burn up quick. The wood is the fuel for the fire as food is for the body. Your system cannot burn up large amounts of food, so it will have left over energy stored as fat. This means smaller meals are most likely going to be used up during the natural course of the day.

Back to your Thanksgiving Dinner; what to pile on your plate? Let start with the size of the dish, remember the log, and use a dessert plate to minimize the portion sizes. When it comes to what food to eat, get a variety that includes protein, carbohydrates and fats. This could be some turkey breast for the protein, string beans or other deep colored vegetable and some fruit for your carbohydrates. Other options include a couple

of large spoonful of yams, sweet potatoes, stuffing or mini potatoes with skin. For your unsaturated fat, eat some nuts, olives or cook with unsaturated oils. Drink lots of water to keep your stomach from feeling empty and help contribute to your overall health.

Approximately two hours later comes the second round. Get a roll, put some turkey breast on it with cranberry sauce some tomatoes and lettuce. From the vegetable dish put some color on your plate. Make your pie eating a separate meal. Continue this type of eating throughout the day. Be deliberate and put your food on a plate and try not to just graze at the table. Mothers are known to eat over 1200 calories from grazing on their children's food throughout the day.

Don't forget to do some exercise, it is the day of "turkey ball." If your family does not have a traditional football game scheduled call up some friends or go to any open field on Thursday and you will find a game in progress. A nice run is always a good way to build up an appetite and burn off some extra dessert calories. By the way, smile and be grateful, Happy Thanksgiving!

Much thanks

Emmie Jones
Staff Reporter

Thanksgiving is my second favorite holiday. I've always loved sleeping in and waking up to the smell of food. I loved eating a giant meal with my family every year. We always went around the table to say what we were thankful for. Then we would nap and after 6, we always watched Christmas Vacation.

Those holiday memories have drastically changed for me. A few years ago, my family circumstances changed and we went through extremely hard times. I remember 2 years ago I couldn't think of one thing to be thankful for. Last year it was a little easier. This year, I have so much to be thankful for.

When I think about the very first Thanksgiving, I can relate to their hard times, especially these last few years for myself. In 1621, the pilgrims came across the Atlantic Ocean with intentions to start a new life. The first winter here, many of these people stayed on-board their ship because the winter was so brutal. When spring came, the ones that survived were greeted by Native Americans who showed them how to grow corn, get maple from trees,

catch fish and stay away from poison plants. The next November, the pilgrims' harvest was successful and the governor organized a celebratory feast with the pilgrims and the Native Americans.

Each story I've read about our history that relates to this holiday has strife and then survival to celebrate. It shows me that no matter how hard times can be, we can make it through and we should be thankful for our successes.

This year my list of what I'm thankful for is long. I'm so thankful and appreciative for my friends. Without my true friends, I don't know that I would've made it through the hard times. These are the people that pushed, listened, supported, cried and were there for me and with me when I really wanted to give up. My friends have given me so much to be happy for. I value each of these people and I hope that I can show them the same kindness and love throughout our lives. They are all very special.

I'm thankful for my family, the people that shape me. They are there and they accept me as I am. I am thankful that I have a bed to sleep on, that I can get up each day to have a cup of coffee and have the choice to eat whatever I want.

I'm thankful I have a job to go to and I have the opportunity to go to school. I'm thankful for my pets that entertain me daily and test my patience.

There are so many things; my list could go on for pages. It's not the materialistic things that matter to me really; it's the relationships I have that mean the most. I value that I have a choice in everything I do, that no one makes decisions for me. Is it possible that when we really think about what Thanksgiving is, we can understand the value to life?

Thanksgiving this year is important and is a big deal to me. I want to celebrate this year. I have come through the swamps to find clear water and I want everyone around me to know how fortunate I feel to have made it. Do the people you love and appreciate know how much you appreciate them? This is the day of the year that it's perfectly acceptable to be a total sap and tell everyone you love them and value their relationship.

To everyone this year, I wish you the happiest Thanksgiving. I think this year we all have something to be thankful for, each other.

Ask Mom

Kathryn Jones
Staff Columnist

Dear Mom,
Thanksgiving is coming up and my wife and I have been invited to Thanksgiving at my parent's home and the home of my in-laws. Last year, the parents held their dinners at different times and so we went to both dinners and made everyone happy. This year, my parents and my wife's parents are holding their dinners near the same time. There is just no way that we can make it to both dinners. I hate to tell one of the families no, but I don't know what else to do. My wife thinks we should go to her parents this year, but I'd rather go to mine. What should we do?
Sincerely,
Confused

Dear confused,
When my husband and I first married we ran into this same dilemma. Neither set of parents would change the time of their dinner; mainly because there were others coming who could make it at that time, and the parents on both sides liked the time that they had set. Suffice it to say, we had a decision to make. Obviously, we wouldn't be able to attend both dinners and we had to make a choice.
The choice wasn't an easy one but we decided to attend my parent's Thanksgiving first. That year, they were thrilled, but my in-laws were less than thrilled. This is understandable. To soothe some of my in-laws feelings we decided to visit them in the evening when they served the pumpkin pie. The following year we had Thanksgiving at my in-laws home. We visited my parents later for pumpkin pie.
We've kept this tradition up for 30 years and it has worked for us. This year, my sister is putting on Thanksgiving and we are going to her home. The mechanics of holding Thanksgiving have changed a bit, but we still rotate every year.
And yes, there have been times when we couldn't remember whose home we attended the year before and have actually made some mistakes in attending the wrong home (especially when we lived out of state and then returned) but all-in-all, the idea of an every-other Thanksgiving has worked well for us.
You might want to try it this year.
Mom

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

Sugar, spice and the antithesis of nice

John Reuben Wolsey
Contributing Writer

The other day I was puttering along in my car and found myself having a moment of holiday Zen in heavy traffic. As I rolled towards the red light I got caught up contemplating the meaning of giving in the holiday season. Are the best gifts bought? What do I have that's really worth giving? What are Thanksgiving and Christmas really about?

The clouds began to clear and angels began their sweet refrain. In my mind's eye I could see the dew of enlightenment trickling down wisdom's leaf to fall into my parched, questioning mouth.

Somehow in this moment I remembered I was driving and glanced in the rear view mirror. Looming behind me was a gigantic white van, its fist-clenched driver so far up my ass a butterball turkey couldn't have fit between our bumpers.

In the first moment traffic allowed, he stomped his pedal and growled around me, just in time to brake hard for a jolting arrival at the red light I was coasting towards. It turned out that it was a commercial van; the man was delivering flowers. Flowers! Cupid's

messenger, the deliverer of roses and chocolates; the guy who'll be delivering holiday bouquets and poinsettias to the weary and aged all through the holidays, riding my ass to go nowhere fast, the champion of cheerfulness and romance freaking out in traffic.

In a way enlightenment came anyways as I sat stupefied at the traffic light. The holidays are coming with all of their sugar, spice and everything, ummm, nice? The flower man's seething energy made him my pre-holiday example of all things opposite holiday cheer. Tis the season of races toward the last parking stall; pressure cooker family gatherings and giving gifts that don't quite meet expectations.

Meet me under the mistletoe, I'll be there debating between my scrambling to fulfill my bankrupt gift ideas and drinking away the holiday pressures in a snow bank on the side of a rural road in North Dakota.

Remember the Walmart employee that got trampled to death by the bargain crazy crowd on Black Friday? I wonder what the "trampers" had said the day before as they sat around their tables eating turkey and cranberries. "I'm thankful for this capitalist economy where

I have the chance to stampede and bully my way towards the best bargains. Wall of people be damned, I will get that copy of Call of Duty for little Freddy!"

It's all too much. We are overrun by commercialized expectations to give it all, to everyone, and to do it cheerfully. Maybe I'm saying it just for myself, but read along if you've ever been caught up in the holiday bustle. The effort required to meet the media's message of holiday fulfillment is impossible. Trying will get you killed. Okay, maybe not killed, but at least driven to that cold cave called insanity and the ruin of what were to be your treasured moments of holiday togetherness.

I don't hate the holidays; I'm an idealist. I'm simply issuing a reminder to all that the best part of the holidays is each other, not the hype that you have to shell out your dollars for. I want people to get together with those they love (my definition of family) and hold hands around some symbol of celebration (like a Christmas tree, a manger, your Buddha statue, or some steely symbol of atheism) and sing the praises of time together. And if that's death metal, just make sure it doesn't kill you.

arts.globe@slcc.edu

A black and white line drawing of a recycling symbol, consisting of three arrows forming a continuous loop.

Please
Recycle

A wise man once said, "Everything is good in moderation". Those words could very well be exercised here.

Keep Your Pantheon opened the first week of November and will continue shows until the end of this week from Nov. 17 to 20. The play will be hosted at the South City Campus in the choir room. Curtain call is at 7:30 p.m. and it is recommended to call in advance to reserve seating, as it is very limited. Students get in free with a valid OneCard and tickets are \$10 for the public. This play does contain adult material and may not be suitable for children.

ARTS & ENTERTAINMENT

arts.globe@slcc.edu

Skyline: Not for higher intelligence

Joseph Meyere
Arts Reporter

People going in to see *Skyline* expecting to see a run of the mill alien invasion movie will be sorely disappointed. What they'll get is a below average alien movie that's suffering from kleptomania.

Skyline starts with a group of people waking up to find a mysterious blue light outside their windows that inexplicably makes people disappear. Right as it starts getting interesting, the movie says, "Oh, I'm sorry. Let me introduce everybody." Then the movie skips back to 15 hours before to bore the audience with a storyline that has nothing to do with the actual movie and does nothing to develop anybody.

Once the alien invasion (There never actually called "aliens" officially by anyone, but they drop from the sky so it's just assumed) finally kicks in, it's shown mostly from one of the character's

high-rise penthouse apartment. While this could've made the tension of being trapped inside with an unknowable force outside more extreme, it becomes annoying when the audience wants to see what's outside the windows where the invasion is taking place.

This is the biggest problem with the movie. When people go to see a disaster movie, whether it's alien or otherwise, they do it to see mass amounts of destruction. Character development and storyline are usually discarded in favor of watching large cities blow up and people running down the street from disintegrator rays. *Skyline* seems to think that people go to disaster movies for the drama and storyline, so that's what it tries to give them. To make matters worse, the drama in *Skyline* is just like the drama in all the other disaster movies. The audience is forced to watch the worst parts of the movie

while all the cool action happens just outside the useless windows.

Skyline steals nearly everything it has from other alien movies and does it badly. It steals trying not to see the aliens from *Signs*. It steals the intense dogfight scenes and nuclear explosions from *Independence Day*. It even steals the stealing people's brains from the video game *Destroy All Humans*, and not to give too much away, at one point flat out rips off *Alien* itself. The movie's only semi-original idea was that people would get sucked up on mass into the space ships. This gimmick was prominently shown in all the promotional posters for months. When it finally happened in the movie though, it was through a camera lens at a long distance, and briefly. Once again, the movie cuts the audience out of the action to make it seem more intense for the characters.



Skyline copyright Universal Pictures

When the movie finally gives up with the stupid tension crap and actually shows the big alien apocalypse, the action scenes aren't too bad. Coupled with the special effects it actually makes one or two intense moments, but the moments are too brief and coupled

with more annoying drama, so it doesn't even come close to redeeming it.

In the end, between the annoying drama, the unlikable characters and the flat out stupidity of not getting to see the action, *Skyline* just isn't worth seeing. If you really want to

get a feel for the experience it provides, watch *Signs*, *War of the Worlds* and *Independence Day* and in between each, watch a season of *Party of Five*.

Skyline is rated PG-13 for alien violence, some language, drinking and a little gore.

Unstoppable: Revenge of Thomas the Tank Engine

Joseph Meyere
Arts Reporter

Unstoppable is a film about a runaway train full of dangerous chemicals headed toward a heavily

populated area. True, this does sound like the plot to an old Superman cartoon, but it actually works. Nothing this big has really been done with trains. Sure, they've been used in action sequences like

in *Indianan Jones* and the *Last Crusade*, or set pieces for romance and intrigue, but there's never been a movie completely focused on a train like this. *Unstoppable* gets major credit for taking

a unique idea and doing it well.

Called in to help stop the runaway train is an all-star cast. Ethan Suplee (*My Name is Earl*) plays the idiot engineer who originally set the train in unstoppable death missile mode. Rosario Dawson (*Rent* and *Grindhouse*) plays Connie, a train coordinator who's keeping track of the thing. The real heroes of the plot are train engineer Frank played by Denzel Washington (*The Book of Eli*) and rookie engineer

Will played by Chris Pine (*Star Trek*). The trains owner and vice CEO of the train corporation, played by Kevin Dunn, is trying to stop the train with least amount of cost and makes for a good tool to put things in front of the train so the audience can watch them blow up.

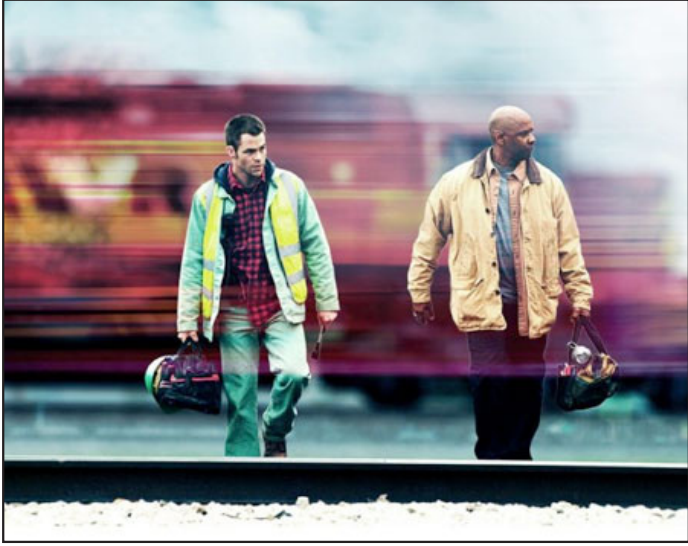
Throughout the film Pines goes through a subplot about him pulling a gun on a cop and ending up with a restraining order placed on him by his wife, and it's somehow made obvious that if he can stop the train his

marriage will somehow be saved in some Hollywood-cliché way. After all, the best cure for any marital problem is 70 tons of solid steel.


Overall, as previously stated, the movie was great. The acting was on target, as well as should be expected from the brilliant cast. The action was unique and spectacular, and even though a lot of the camera shots of the action had the shaky camera thing going on, making it seem like *Jason Bourne* was going to pop out and wave, for a movie like this it actually works. It really makes the audience feel like this thing is out of control and dangerous.

Overall, *Unstoppable* gets a whole-hearted recommendation. A great popcorn movie that'll leave you thrilled and a little nervous the next time you have to cross the railroad tracks.

Unstoppable is rated PG-13 for intense action and some language, plus I think Chris Pine is briefly in his underwear for a minute at one point.



Unstoppable copyright 20th Century Fox



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