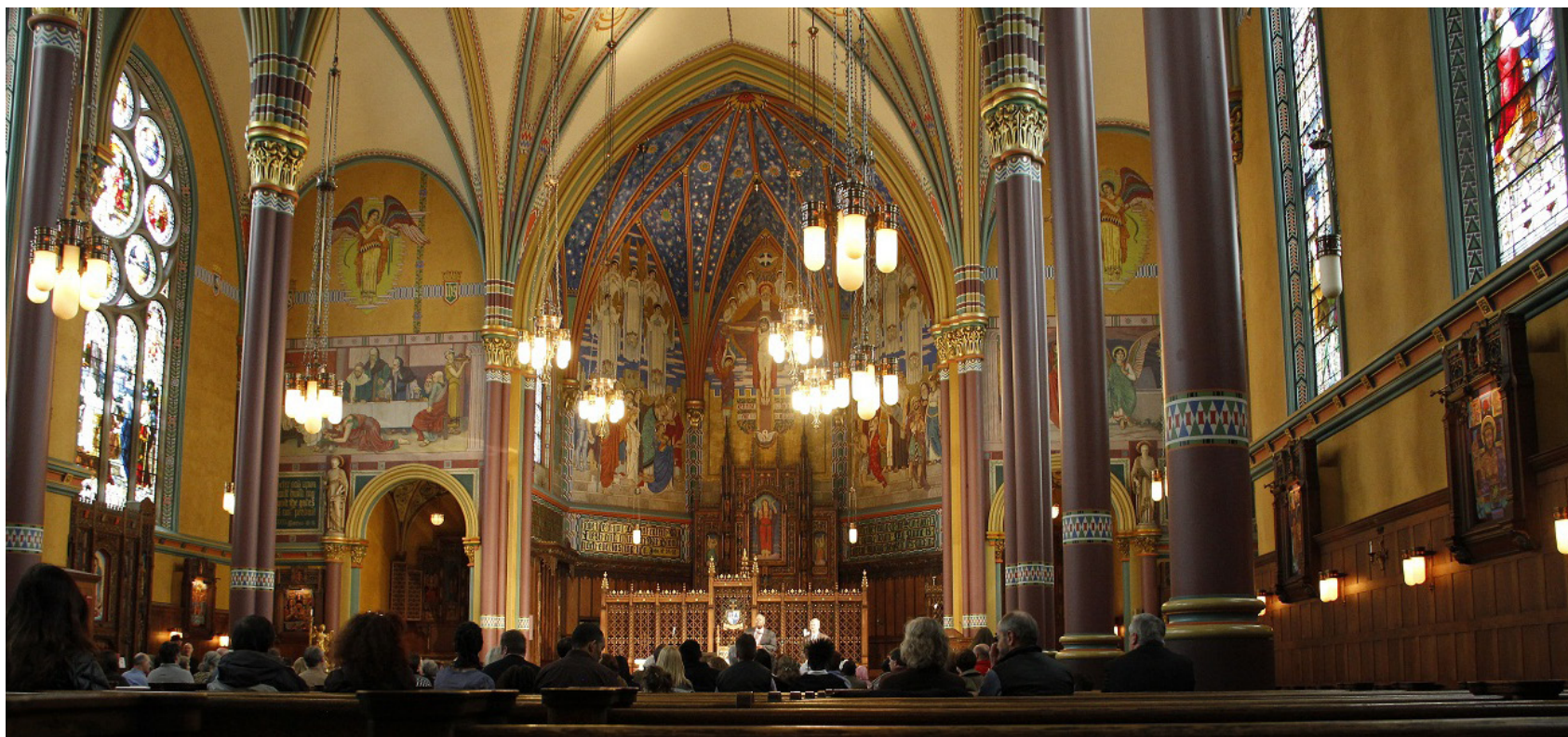


# THE GLOBE

WEDNESDAY  
JANUARY 19, 2011  
ISSUE 2 / SPRING '11

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## CELEBRATION FIT FOR A KING

### In honor of MLK Jr.

**David Bell**  
Staff Reporter

Salt Lake Community College and the Cathedral of the Madeleine held a concert in honor of Martin Luther King Jr. on Saturday, Jan. 15. The concert was held at the Cathedral of the Madeleine. The theme of the celebration was “Embracing the Dream.” Jan. 15 is King’s actual birthday.

There were performances by Baritone Robert Sims, with Paul Hamilton on the piano and Michael Lucarelli playing the guitar. Sims is highly praised for his interpretations of African American spiritual songs. With around 300 people in attendance, Sims sang 15 of his esteemed spiritual songs. Marian D. Howe-Taylor read selections of King’s famous speeches between songs. Sims received a standing ovation for his final performance, “Glory, Glory, Hallelujah.”

“This concert was great. It was special. I know the guitarist,” concert attendee Ben Mates said.

Refugees, humanitarians and members of the community joined together to remember the legacy of Martin Luther King, Jr. and his contribution to the advocacy of social change and human rights.

Photo by Toni Tippetts



Photo by Toni Tippetts

Chris Picard presenting Reverend Dr. Leslie Whited with the Humanitarian Award.

“A couple of the songs brought tears to my eyes.”

The welcome was delivered by SLCC’s own Dr. Clifton Sanders, Dean of School of Science, Mathematics and Engineering. Marian D. Howe-Taylor of Salt Lake Community College, the Manager of Community Outreach, gave the introduction.

Dr. Chris Picard, Provost of Academic Affairs, presented the Humanitarian Award after the concert. Picard gave a short speech introducing Reverend Dr. Leslie Whited to the audience and to praise the accomplishments and efforts of Whited for implementing the ideals of Martin Luther King’s “Beloved Community.” Whited is the CEO of the LSSU, Lutheran Social Services of Utah.

The “Humanitarian Embracing the Dream Award” is an annual award that recognizes individuals and/or organizations for outstanding service and advocacy toward fulfillment of “The Dream.” Other awardees this year are Pastor France Davis and the

MLK/Continued on page A4

### SLCC student awarded, in- tervened with kidnapping

**Mallory Black**  
Contributing Writer

Six months after intervening during an attempted child kidnapping, SLCC student Michael Armajo was honored by the UTA Police Department with the Citizen’s Medal of Excellence on December 9, 2010.

“Whenever you’re presented with a situation in front of you and someone weaker than yourself needs your help, you should do it, regardless of the outcome,” Armajo said.

UTA Police Chief Ross E. Larsen presented the 25-year old biotechnology student with the award at an awards ceremony, along with three other citizens.

Armajo was riding the TRAX train up to Primary Children’s Hospital that day for his shift as a Pediatric Intern when he encountered the situation.

According to official police

Awarded/Continued on page A3



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paid parking  
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price  
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A6



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## Immigration awareness seminar to be held

**John Fisihetau**  
Staff Reporter

The Arizona shootings could intensify immigration legislation in Utah. The immigration issues and upcoming referendums to be voted on in the upcoming legislative session will be discussed at Salt Lake Community College in the form of an open door seminar.

Multicultural Initiatives of SLCC under the direction of Debbie Corsino-Moore will join together with the Enriching Utah Coalition (EUC) and Comunidades Unidas (United Communities) to inform students, faculty, and the community on understanding how to interpret and act upon immigration law.

The purpose of this two-day event (Jan. 18-19) is “Teaching people how to be advocates and making their issues known to their congressional representative,” Corsino-Moore

congressional standpoint.

The event is strictly educational and will not promote any political party. EUC has issued the following mission statement: “We are to eliminate ethnic disparities

religion, and disability as well.” She hopes that all those who come and learn at this advocacy training will: understand the issues with immigration legislation, increase the knowledge base for students and the public on government policy, and listen to different perspectives from people with different backgrounds.

The immigration legislation event will take place on Tuesday, January 18th in English and on Wednesday, January 19th in Spanish. The event will be featured in the Oak Room of the Student Center at the SLCC Taylorsville Redwood Campus. The event is available to students, faculty, and the public from 7 to 9 p.m. each day.

### Immigration Awareness Seminar

Jan. 18/English & Jan. 19/Spanish  
7-9pm at Redwood Campus, Oak Room of  
Student Event Center

said. The process by which a person can access a bill in the legislature will also be discussed. By doing so, the general public will be better informed on how they can become educated and make their voice known from a

by promoting grassroots outreach, education, and capacity building as well as advocating for long-term change.”

“Diversity is much more than racial ethnicity,” Corsino-Moore added. “It is differences in culture,



# STUDENT EVENTS

WED/19

11am-1pm  
Club Rush @ South City Campus, East Foyer

6pm-9om  
SLCC Cheer Tryouts @ Redwood Campus, Lifetime Activities Center

7pm-9om  
EUC Advocacy Training @ Redwood Campus, Student Event Center, Oak Room

7:30pm  
The Glass Menagerie @ The Grand Theatre

THURS/20

Sundance Film Festival @ SLC and Park City

7:30pm  
The Glass Menagerie @ The Grand Theatre

FRI/21

Sundance Film Festival @ SLC and Park City

12-1pm  
Free Yoga for SLCC Faculty & Staff @ Redwood Campus, Lifetime Activities Center, Room 124

7pm-8pm  
Javier Colon R&B Sensation @ Redwood Campus, Student Event Center

7:30pm  
The Glass Menagerie @ The Grand Theatre

SAT/22

Sundance Film Festival @ SLC and Park City

2pm  
The Glass Menagerie/ Matinee @ The Grand Theatre

7:30pm  
The Glass Menagerie @ The Grand Theatre

MON/24

Sundance Film Festival @ SLC and Park City

5:30pm-6:30pm  
Free Yoga for SLCC Faculty & Staff @ Redwood Campus, Lifetime Activities Center, Room 124

7pm-8pm  
Focused Tasting - Italian Cheese @ Tony Caputo's Deli, 314 W. 300 S. SLC

TUE/25

Sundance Film Festival @ SLC and Park City

SUN/23

Sundance Film Festival @ SLC and Park City

Submit student events to [calendar.globe@slcc.edu](mailto:calendar.globe@slcc.edu)  
Visit [slcc.edu/campusevents/calendar.asp](http://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](mailto:contest.globe@slcc.edu). Deadline for entries is Tuesday January 25th.

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CAMPUS

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# Awarded

Continued from page A1

documents, on June 29, 2010, Armajo noticed a young boy asking for help while being yelled at by the man [the alleged kidnapper] he was with. Armajo tried to say something to the man and got between him and another rider, when the man attempted to hit another passenger.

Armajo was struck in the face. With the help of other patrons on the train, he was able to hold the man down until the train arrived at the next station.

“I’m very proud of him,” said Michael’s sister, Angela Armajo, “Just kind of scared it could have turned on him, it could have ended differently. I was scared for the child, too.”



Photo provided by Mallory Black  
SLCC student Michael Armajo was honored in December for intervening during an attempted child kidnapping in June, 2010.

SLCC Professor of Biology Dr. Anna Baker had Michael Armajo as a student last fall semester.

“I guess we never know how we will act in those situations until it arises. In hindsight, it does not surprise me that he intervened. We can only hope we would have the courage to respond in the same manner,” Baker said.

Armajo is heavily involved at Salt Lake Community College and is an active member in six different clubs, as well as President of the Video Game Club.

Pursuing a degree in the medical field, Michael aspires to become a doctor, more specifically a Pediatric Cardiologist, and plans to help those in need.

“The road to becoming a cardiologist is a long and

difficult one. Mr. Armajo has the will and the interest. If he buckles down and commits to it, he should be successful,” Baker said.

While the attempted kidnapping case is still under investigation, Armajo doesn’t regret getting involved to protect the young boy and other riders on the train.

“I was glad I was there to help him. I was lucky I didn’t get hurt. I’d do it again,” he said.

# Paid parking lot raises price

David Bell  
Staff Reporter

The Student Center’s paid parking lot at the Taylorsville Redwood Campus has undergone a few changes.

The Student Center parking lot at the Taylorsville Redwood Campus is a paid parking lot. The cost has changed

from \$1 to \$2 for the first hour of parking. There’s an additional \$1 per hour charge beyond the first hour, with a maximum cost of \$10.

“If I used the parking lot more often I would have a problem with the cost,” student Andrew Mortensen said.

Students used to be able to get a parking validation

with a purchase at the college bookstore. That policy was changed at the beginning of fall semester.

Parking  
Continued on page A4

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# ePortfolio scholarship winners

On Thursday, January 13th, Salt Lake Community College held its first annual ePortfolio Showcase, during which five SLCC students received full tuition waivers for spring term. The students are:

- Michael Sharifi

Veronica Sanchez

Yu Wiberg
- Michael Miranda

Joseph McCormick

To win the award, applicants had to meet eligibility requirements (including a GPA of at least 3.0), write an essay, and submit their General Education ePortfolio. During the ePortfolio Showcase and awards ceremony, the winning students showed their ePortfolios to their friends and family, as well as to SLCC faculty and staff. According to Dean David Hubert—who addressed the students before they received their awards from Kati Lewis, SLCC’s ePortfolio Coordinator—SLCC started the ePortfolio Showcase and award ceremony “because we wanted to honor and support deserving students whose quality work and educational ‘drive’ is evident in some form that’s more tangible than just their GPA or their transcript.”



Michael Miranda shares his ePortfolio with (from left) Kati Lewis, SLCC’s ePortfolio Coordinator, Sonia Parker, Director of Academic and Career Advising, and Melodee Lambert, Professor of Business Communication.



Veronica Sanchez talks about her ePortfolio with Clint Gardner (left), Director of SLCC’s Student Writing Center, and Adam Dastrup (right), Professor of Geosciences.



Winners of Spring tuition scholarships are (from left holding plaques) Joseph McCormick, Yu Wiberg, Veronica Sanchez, Michael Miranda, and Michael Sharifi. They are pictured with Kati Lewis, SLCC’s ePortfolio Coordinator, and Dr. David Hubert, Dean of General and Developmental Education.





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## MLK

Continued from page A1

Mormon Tabernacle Choir.

Davis has served as Senior Pastor of Calvary Baptist Church since 1974. His humanitarian work has gained him many merits throughout the state of Utah. He is a former member of Salt Lake Community College Board of Trustees.

The Mormon Tabernacle Choir has performed all over the world and has served as a musical ambassador for The Church of Jesus Christ of Latter-day Saints.

The concert was an “absolute success” according to Sanders, who is also a member of the 2011 Martin Luther King Celebration Committee.

“It was a success because

of the extraordinary talent brought to celebrate King’s legacy. Also, for the opportunity for the college to recognize individuals in the community who are outstanding examples of what it means to fully embrace the implications of Dr. King’s dream,” Sanders said.

The 2011 Martin Luther King Celebration Committee service award was presented to Howe-Taylor.

The Mormon Tabernacle Choir was presented with its award prior to the celebration, following their weekly broadcast of “Music and the Spoken Word”. Davis was presented with his award following the service of the Calvary Baptist Church’s. Sims also performed at the Calvary’s service.

## Parking

Continued from page A3

The bookstore no longer issues validations.

One way the additional revenue is used is for renovations. At this time, a second lane to exit the parking lot is being developed. This second lane will be for credit card users. The driver will put the parking ticket into the machine then put in their credit card. The card will be charged for the time in the parking lot. When the machine returns the credit card it will also offer a receipt.

“The lane will work similar to the ones at the airport,” Auxiliary Service Control Manager Kevin Doney said.

Another way the funds collected are used is to pay the parking lot attendants at the payment booth. The college tries to make it so that the payroll is self-sufficient. If there are any residual funds, they are rolled into the Student Center’s budget.

The other noticeable change to the paid parking lot is a change in the handicapped parking spaces. Some of the spaces

along the east side have been changed into an area for college vehicles to park to help provide a loading zone for large delivery trucks. There are now six handicapped parking spaces along the west side to make up for the spaces taken away from the east side.

The paid parking lot is controlled under Student Center Management. Student and faculty parking is controlled by the Parking Enforcement Office. They do not issue citations the first week of any regular semester. Parking fines double after seven days from \$10 to \$20.

A student can appeal a parking citation. The first step is to pay the ticket and file for appeal. A parking enforcement staff member decides whether or not to grant an appeal. If they say “no” the student can appeal the ticket to a panel that includes one Utah Highway Patrol officer, one faculty member and one staff member. Neither the faculty or staff member is affiliated with Parking Enforcement.

Parking Enforcement will issue courtesy day or week permits if the student can prove they purchased a parking permit, but are driving a different vehicle.



Photo by Toni Tippetts  
Visitor Pay lot on front end of Salt Lake Community College’s Taylorsville Redwood Campus.



COMMUNITY

community.globe@slcc.edu

# Volunteer year-round with local organizations

**Mallory Black**  
Contributing Writer

Even though the holiday season is over, people can still donate their time and efforts to various non-profit organizations across Utah. Friends in Need Animal Rescue, The Christmas Box House and Salt Lake County Division of Youth Services are just a few of the local places needing volunteers year round.

Volunteers are needed that are able to help with the daily routine at the Friends in Need Animal Rescue, located in Eagle Mountain, Utah.

“Anyway you can help with the animals is great,” said Kim O’Donnell, Friends in Need Co-Founder. “We stay busy all

day long.”

After helping to feed the animals in both the morning and afternoon, volunteers can stick around to socialize with the animals currently staying at the Friends in Need facility.

From horses to geese, and ducks to rabbits, Friends in Need serves a wide variety of animals in addition to the usual cats and dogs. Turkeys, llamas, and pygmy goats can also be found at the “no-kill” facility.

O’Donnell said someone recently abandoned a kitten with a broken leg at his front door. After an emergency visit to the vet, the medical bills for the animal came out to over \$1,200. O’Donnell believes the previous owner may have not been able to afford proper medical

treatment for the animal.

Student groups and volunteers are welcome to support Friends in Need with service projects and fundraisers to help cover medical and facility expenses for the animals also.

“If a group wanted to get together and do a fundraiser that would be awesome. Those things are important,” said O’Donnell.

Friends in Need is always in the market for volunteers who can take pictures of the animals for adoption websites like PetFinder.com or KSL.com. “The more technology is on your side, the better,” said O’Donnell.

The Christmas Box House and Salt Lake County Division of Youth Services are currently looking for

volunteers to help plan activities for children and youths that are staying in their facilities.

After being removed from alleged domestic abuse situations, infants and children, up to age 11, stay temporarily at The Christmas Box House until state case workers can organize safer living arrangements. Children ages 12-18 stay in the Salt Lake County Division of Youth Services.

The Christmas Box house and SLC Division of Youth Services are always encouraging creative minds and both organizations are flexible and accommodating with activities. Past groups have usually come in for 1-3 hours to do face-painting, arts and crafts projects, and

play video or board games with the children staying in the facilities.

Many children staying in the facilities rarely have the opportunity to participate in activities outside of school or home. Arrangements can be made to invite the group of children off-site to participate in activities around the valley, such as bowling, a visit to the aquarium, or to watch music or dance performances. The facilities do require that children be chaperoned with at least two members of their staff, which can be planned ahead of time.

Volunteer work looks great on a resume and is a good way to give back to the community. According to the Department of Sociology at Duke University, student

volunteers can also look forward to improved self-esteem and higher life satisfaction. Students who actively participate within the community are exposed to more opportunities to develop civic skills and social responsibility.

For more information about volunteering with the Friends In Need Animal Rescue, contact Kim O’Donnell at (801) 440-9931 or by email at kpo@digis.net.

To plan a volunteer activity at the Christmas Box House or the SLC Division of Youth Services, contact Tiffanie Player, Recreational Therapist, by email at tplayer@slco.org or by phone (801) 284-3307.

OPINION

opinion.globe@slcc.edu

# Beef or dolphin for dinner

**Terra Gomer**  
Staff Reporter

There has been a war going on in Japan that most people don’t know about. This war is between the fishermen in Japan who choose to catch and kill dolphins and Ric O’Barry, who is an animal rights activist for dolphins.

Ric O’Barry has helped make a documentary about the dolphin slaughter in Taiji, Japan by having cameramen follow him to this city and show them where they herd the dolphins to kill them. This movie is called The Cove. Many students have never heard of this movie or about the dolphin slaughter.

“I’ve never heard about the dolphin killings in Japan,” Madison Johnson, a Salt Lake Community College student said. “I can’t believe that they would really eat dolphins. Wouldn’t it just be blubber?”

It’s true that a lot of the meat from a dolphin would be fat. That isn’t the worst part about eating the meat

though.

The reason I’m in such disbelief of the Japanese feeding dolphin meat to its own people is that dolphin meat contains high levels of mercury. I am totally against the killing of dolphins, but more so the fact that the Japanese government takes this meat and feeds it to its children and pregnant woman knowing very well that the dolphin meat contains over 1,600 times the amount of mercury that humans should consume.

In other words the Japanese government is poisoning its people.

In Minamata, Japan, it’s believed that over 30 percent of its population has mercury poisoning. This town was one of the big fishing towns in Japan. Mercury poisoning had first appeared in Minamata in 1953.

People were shocked that their friends, family and children started having trouble speaking, walking, grabbing objects and thinking normally.

What was even more

shocking was when the Japanese did research and started to call it “Minamata Disease,” even though it’s not something you can catch from another infected person. Mercury poisoning is only something that you can get from consuming too much fish with high amounts of mercury.

The Japanese government knows this, but they still put dolphin meat on the shelves. I was shocked when I found this out.

“I would hate to live in Japan if the government is hiding such a big thing,” Lindsay Fillmeth, a Salt Lake Community College student said. “It’s also the fact that they are feeding it to their children. I try to protect my daughter and the fact that the schools are feeding them something that could cause her to become retarded would be unthinkable.”

When I first started to research the topic about the dolphin slaughter in Taiji, I was mainly upset that they were killing these beautiful creatures. Now I am really shocked and mad about the

Japanese government doing this to its people.

The government even changes the labels on their meat so that the people buying the dolphin meat will think it’s something else.

“I can’t imagine if some of our food labels were not what they said they were,” SLCC student Troy Henline said. “It’s amazing that their [Japan’s] government is getting away with this.”

Another thing that really shocked me was Japan’s aquariums, in which one can watch dolphins, do tricks, or even swim with them and eat dolphin meat at the same time.

There is so much more to the Taiji dolphin slaughter than just mercury poisoning. I just happen to find the mercury poisoning the most shocking and interesting facet of the matter.

For more information about the dolphin slaughter in Taiji visit savejapandolphins.org.

# School checklist

**Michael Sharifi**  
Staff Reporter

Hopefully this is not new information, but school has started. This is prudent information if your week was anything like mine. Now, am I supposed to read chapters one and two in History or is it pages 274 – 359 in English. College can be overwhelming, especially when your professors pretend they teach your only class. Have you heard the term, “You have been schooled?” Well, this is my theory. When you think you have done enough, you need to do more. When your brain hurts from your studies, you are not done - and planning two steps ahead is equivalent to being on time.

Here are some tips on staying on top of your schoolwork and to stay on track for graduation.

First thing to do is take your syllabus and put all your homework and due dates into your calendar. This is important for you to see all your class’ assignments in one place. By utilizing a calendar you take unnecessary information you are storing in your head and opening up space for actual thinking. Perhaps you have a data phone, computer or iPad - use whatever you’re familiar with and have easy access to, even if it is a simple cat calendar. Einstein simplified his closet so he could figure out the universe.

Now that your hard drive has some extra space, let me tell you how to get help with your homework. SLCC has some amazing free tutoring. Here is a list of SLCC’s learning centers.

Some math tutors are much better at teaching math than the professors. The math center at the Taylorsville Redwood Campus is in the Technology Building on the main floor.

This is not an editing center - it is a writing center. You still have to do the work

but they will help you write coherent. The Writing Center at the Taylorsville Redwood location is in the AD Building room 218 and at the South City Campus in room N316.

There is also the Center for Languages at the Taylorsville Redwood Campus in TB room 418. I have not been there yet, but I am sure I will be spending most my time there to learn Spanish.

When you go to school you are basically preparing for your future, studying hard to become an indentured servant to your school loans right? Well it is not that doom and gloom but if you’re going to be making this financial investment in your education, don’t you think it’s important to make a plan? Well the school provides academic advisors who are trained to help you plan out your class schedule. This is important when some classes are only taught once a year, especially when you need that class for graduation. Advisors can also help students decide on a degree or what classes are needed for transfer. This can save you time and money.

One day, if it has not come yet, it will - a teacher will ask you to write a paper. I am going to tell you a secret that everyone knows - it is called the library. What you might not know is they have an online database called ELIE that can give you information about anything you might need for a school assignment. You can even get cut and paste references; how cool is that? Oh yeah, and it’s free. Now you might think it is cool.

Going to school at SLCC has some great advantages but if you don’t know about them or use them, they are not much good to you. You paid for all these great resources, so be smart and get smart. Let me finish by quoting one of my teachers this semester, “Unlearn what you think you know and be open to learn something new.”

# Fitness pals double your success rates

**Emmie Jones**  
Staff Reporter

2011 is upon us and I have officially started working towards some of my resolutions. As I have stated before, my health is one of my biggest concerns. I not only want to be in the best physical shape, but the best emotional and mental state I can be in. One of those ways to conquer all 3 of those aspects is by exercising. I decided I would attempt P90X again.

Round 1 and a half is going well so far. I feel motivated about what I’m doing. Don’t get me wrong, it is really hard and I am sore every day, but aside from that I have one of my best friends helping me stay on track. She has also agreed to take the challenge

of doing P90X.

I figured one way for us to complete one of the most challenging at home workout series was to have a buddy keep me straight. I created an event for us on Facebook to log in every day and talk about how it went. I feel accountable to her. I feel like if I don’t work out, then I’ve let myself and her down. How can she rely on me for support on this journey if I’m not doing my part?

According to PRLOG.org, people normally double their success rate with a fitness buddy. I am doubling my chance of completing this program that I previously quit at 45 days. This gets me even more excited because knowing I can do this with higher probability of finishing I feel more capable. I have

officially stopped doubting that I can become a P90X graduate.

More reasons to recruit a workout pal are because it’s fun and encouraging. We get to joke, laugh, complain, and cry about how the workout went. Without the fun and right support, it’s hard to stay on target for just yourself. If everyone around you is watching a movie, eating buttery popcorn, devouring chocolate-covered raisins and drinking soda, it is very tempting to do the same. With my pal, we workout and then we can chill. It is very nice to have someone on the same page.

Another reason a fitness buddy is great is this key word, longevity. What I mean is after my bestie and I finish P90X round 1, we

may want to quit working out for a month. Putting a stop or a pause on our routine will make it hard for us to get back on schedule for our fitness goals. I will be able to say, “Let’s rest for a week, regroup our minds, and then get back at it.” Or she could do the same for me. My fitness buddy will do her best to remind me of my main goal, my overall health, and I’ll do the same for her, which pushes us to continue working out in different ways. Longevity of exercise is important for long-term health maintenance.

This year, I encourage everyone to try some new workout plan and bring a friend. You could take a

*Fitness*  
*/Continued on page A6*



# A SLICK LOOK AT SPORTS

## Celebrating longevity

**Ryan McDonald**  
Staff Columnist

Coaching is not a great career if you are concerned with job security. That said, to have two coaches at one place for more than 15 years is remarkable, and that’s exactly what Salt Lake Community College basketball has in Betsy Specketer and Norm Parrish. To honor their longevity, Bruins past and present came to Taylorsville this last weekend to celebrate what has become such a rarity in sports.

In talking with the coaches, seeing the passion that they have for SLCC basketball is easy. Specketer grew up in Illinois, taking the top job after two years as an assistant here.

“I love the school. It’s grown to be a part of who I am. I’ve kind of grown up here as a coach,” Specketer said.

She said many things have changed about basketball over the years, but that they’ve “absolutely” been positive. While she’s clear that it’s the “players [who] have to win,” she said that she hopes she has given back “a love for the game.” As far as what she wishes for her alumni, she added, “Hopefully you’ve developed some friendships and some bonds with people that can be lifelong. I hope that they have learned that from me through the years.”

As for why he’s still on the Bruin bench, Parrish quipped, “Cause I haven’t been fired yet.” Coming here after a few short coaching stints elsewhere, Parrish then offered a serious reason about why he hasn’t left. He said, “The opportunities that have arisen [to leave] haven’t been worth it.”

The events to commemorate the occasion tipped off on Friday with a look at Bruin past, as alumni gathered for some “friendly” pick-up games. Parrish and Specketer both took the

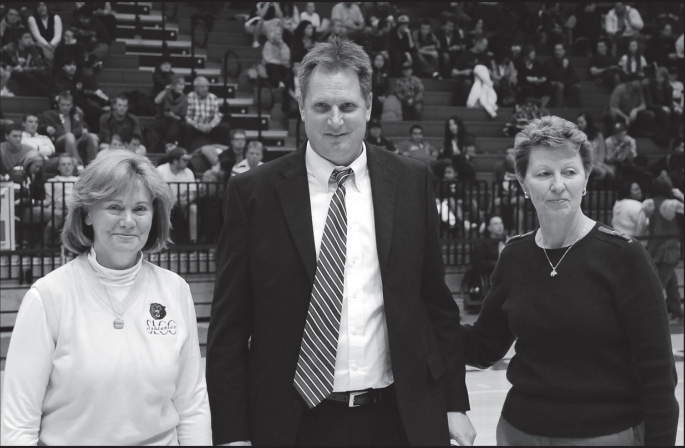


Photo by David Hubert

**From left to right, President of SLCC Cynthia Bioteau, Coach Norm Parrish and SLCC Athletic Director Norma Carr. Norm Parrish is the Men’s Basketball coach and has been with SLCC for 20 years.**

Specketer spoke of Parrish’s competitive spirit, his fun-loving, humorous attitude and his consistency. “His lessons are year in and year out, but the results are always the same.”

Former players spoke of Parrish’s “shut up and play” mindset, as well as of being better people because of the influence he had on their lives.

The day was also great for the SLCC teams of 2010-2011 as Snow College came to town. The Lady Bruins didn’t score until a Jami Mokofisi lay-up four minutes in, but there would be a lot of her throughout the first half, as she was consistently able to impose her will down low. Such play led to a 26-25 Bruin lead at the break.

As the tempo increased in the second half, Mokofisi continued to dominate. She then took a rest with 10 minutes left, and the Haley Holmstead highlight hour immediately began as she converted a 3-point play off a great pass from Ame’ White. She reeled off a crazy 26 points in the second half, finishing with 32 total, sealing the deal with another 3-point play with 1:13 left as SLCC won 72-60. Mokofisi had 16 points and 17 boards.

The men started opposite to the women, as they got off to a quick start, but found themselves down by 13 with two minutes left in the first half, struggling offensively against the Badgers. After a timeout, the Bruins closed the half on a 9-0 run to trail just 39-35.

The spurt continued in the second stanza, as SLCC quickly found themselves up by 6. Snow stayed close for a while, but led by Patrick McCollum, Alfonzo Hubbard and Given Kalipinde, SLCC found themselves up by 13 with four minutes to go, the margin they’d win by, 95-82. Hubbard scored 24, McCollum added 23.

With nights like Saturday, we all ought to be looking forward to another 20 years of Bruin hoops.



Photo by Misty Mulkey

**#3 Marquis Horne goes up for a slamdunk in Saturday’s game against Snow College.**

opportunity to change jobs for a night, skillfully doing the play-by-play over the PA system. On Saturday following the match-ups versus Snow College, a championship game was held for the men, pitting alumni from 1986-1995 against those since 2005. The “Legends” knocked off “Generation X” 71-65 in an intense overtime battle.

The festivities continued Saturday with a banquet held in honor of Parrish. Alumni, Coach Specketer, Athletic Director Norma Carr, SLCC President Dr. Cynthia Bioteau, and many others came.

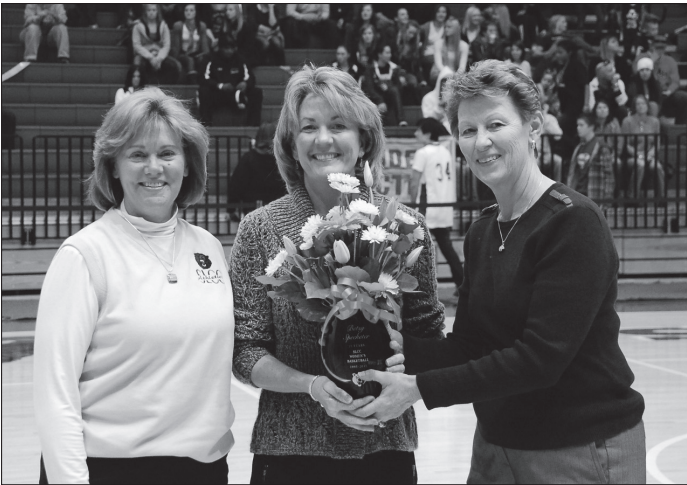


Photo by David Hubert

**From left to right, President of SLCC Cynthia Bioteau, Coach Betsy Specketer and SLCC Athletic Director Norma Carr. Coach Specketer is celebrating her 15th year as SLCC Women’s Basketball coach.**

## Fitness

*Continued from page A5*

class at the school, through a community program (they’re quite cheap, I did Yoga last

year and it was affordable and fun), try a class at the gym or do home videos. Your friend will thank you at the end of the year because secretly, their health is probably on the top of their

resolution list. Our physical well-being is the stepping stone to great emotional and mental health. It opens the doors to happiness, capability, opportunities and cheaper doctor bills.

# BEAR NECESSITIES

## health & fitness

## This time of year is just not fair

**Michael Sharifi**  
Staff Columnist

This time of year is just not fair; the weather gets colder, the nights get longer and there is one holiday after another. Not to mention all the parties that leads up to the actual holidays. Everywhere you look there are pastries, candy dishes and more food. So let’s all admit gaining a few extra pounds during the holidays is normal. Few meaning less than five - more than that and you need to be reading more than this article.

So here it is, the New Year, a time to reflect and make resolutions. Stop and ask yourself if you are actually going to follow through or if this is just another self-indulgent deception. If you’re going to lie to yourself, don’t limit your pleasure zone, let the imagination go wild. However, for you that truly want to make a change, remember all hard work has a view. For example, when you hike to the top of a mountain you get a great view, much like when you lose weight and look in the mirror (Pause for the cheesy bodybuilding flex).

Remember just because you did the exercise and cut some calories, does not mean you’re going to actually see results. First you should know what you are doing and second you should know you probably don’t know what you are doing. Sounds like the fight club motto, but truth is most professionals have learned a one size fits all program and they have no clue about individual people and their unique body types, metabolism and inherited genetics.

Understand that eating food is more than going to the store and cooking. Wait that might be a stretch - you probably don’t cook. Understand that eating food is more than going to a fast food restaurant. Eating is about ingesting essential macronutrients according to a balanced percentage-based on your height, age and weight. Now you know, right? If not, here are a few essential tips for understanding your calorie intake. You could go see a registered dietitian with certification in weight management or you could use the generic system that most people are familiar with. There is a math formula for the Basal Metabolic Rate (BMR):

Men  
[13.7516(kg) + 5.0033(cm) – 6.775(age) + 66.4730] = Kcal  
1(kg) 1(cm) 1yr Day

Women  
[9.5634(kg) + 1.846(cm) – 4.6756(age) + 655.0955] =Kcal  
1(kg) 1(cm) 1yr Day

- Sedentary = BMR X 1.2 (little or no exercise, desk job)
- Lightly active = BMR X 1.375 (light exercise/sports 1-3 days/wk)
- Mod. Active = BMR X 1.55 (moderate exercise/sports 3-5 days/wk)
- Very Active = BMR X 1.725 (hard exercise/sports 6-7 days/wk)
- Extra Active = BMR X 1.9 (hard daily exercise/sports & physical job or 2X day training, i.e marathon, contest etc.)

Or you can check out [www.freedieting.com](http://www.freedieting.com). This website has a tool that allows you to calculate your BMR. You put in your age, gender, weight, height, and activity level. This is in no way a promotion to get you to use this website; it is just that the other sites had me eating like Michael Phelps. You can find more online calculators but this one is closer to real world dieting.

Now you know your calories - you are probably starting to feel comfortable like you’re ready to get started and make something less of yourself. Hmmm! Nope I bet you’re probably thinking this sucks. Welcome to my world, one mountain peak after the other. Remember you want to succeed this year - you want results - you are committed and the best thing of all is that reading this article is costing you absolutely nothing.

According to the NAS, the AMDR is the range associated with reduced risk for chronic diseases, while providing essential nutrients like vitamins and minerals. People whose diet is outside the AMDR have the potential of increasing their risk of developing a disease of nutritional deficiency.

- Macronutrient Recommendations
- Fat at 10-35%,
  - Protein at 10-35%
  - Carbohydrates at 45–65%.

- For example let’s take a 2000-calorie diet.
- 20% Fat: 400cal/9=45grams,
  - 35% Protein: 700cal/4=175grams,
  - 45% Carbohydrates: 900cal/4=225grams.

There are 9cal to every gram of fat and 4cal to every protein and carbohydrate.

Here is the bottom line - Eat fruits and vegetables that are in season, this will help diversify your diet. Buy local - usually that means buying organic foods. Include wild salmon whenever possible. Wild salmon is the bomb when it comes to protein, plus you get the best fish oil from salmon. Don’t exclude other fish because they are healthy, too. The whole mercury thing is real but it is no worse than breathing your normal day’s worth of pollution. Try to not get caught up in these scare tactics - unless you are talking about beef. Let me clarify - fear all beef that is not free range and naturally feeding on grass. Poultry is a good lean source of protein, just follows the same shopping standards as beef. Eat small portions of food throughout the day between six to eight meals and drink 64oz to 100 plus oz a day.

Exercise is the next necessary addition to your New Year resolution. Train the cardiovascular system to strengthen your heart so it can get blood to the muscles. Train the pulmonary system to get oxygen to the muscles and finally train the muscle system utilizing anything and everything. Anything meaning: Yoga, strength training, kickboxing, dancing, skiing, rock climbing, cycling, running. Everything meaning: body weight, bands, free weights, kettle bells, machines, cables etc. Enjoy what you do, be proud of what you accomplish and remember hard work has a view.

One last thing I want to mention - it can’t always rain, the days are getting longer and the holidays are over. Welcome to spring semester and good luck on your studies.



ARTS & ENTERTAINMENT

arts.globe@slcc.edu

Slammin’ poets and poems

Toni Tippetts  
Staff Reporter

Friday Jan. 14, poets, critics, and cafe goers alike joined together at The Coffee Connection (1588 South State Street) for the second organized Poetry Slam. Snapping fingers applauded favored lines and the smell of coffee was heavy in the air. It is an atmosphere some may only believe exists in movies, but Eric Hunter argues this is not the case.

“Poetry slams aren’t dead, they are just hidden,” Hunter said. He explains that students should expose themselves to poetry for an opportunity to reflect upon themselves and bring

new thinking to the table. Poetry is as diverse as the vast community of SLCC students. This is the second Slam Hunter has organized and he plans to oversee many in the future.

“It is not just poetic structure that speaks to you. It is the ability to expose something ordinary into being fresh and new,” Hunter added.

William Bissic, also known as MC PROTOTYPE, takes the stage, joining the slam from California. He is one traveling performer the Slam will never forget. His piece took form in spoken word, as he shared words from personal experience. His poem entitled *Words*

*Unsaid* boasts the words, “I wanted to tell him that I was hurting, too. But I didn’t. See, we haven’t spoken in years. He is my little brother yet we haven’t spoken in years. He was my best friend. Our mother just died, and he never say my tears.”

Also participating in the poetry slam is poet and songwriter Adam Love. Adam has been writing since age 17. When questioned on inspiration regarding his work, he expressed that he learns the most by listening to other poets and how they present their work. Love is a freelance artist and performs at a number of local open mics and poetry slams around Salt Lake

City. At this slam, Love shared a couple of personal pieces from his book *Winter Poems*, which delicately express the emotional change of winter as well as the physical.

Michael Dimitri joins alongside Love to present a poem for two voices. It is a moving piece written

from father to son, and son to father. The two expresses the love, memories and lessons learned between fatherhood and childhood. Dimitri took the stage with a loud, animated voice slamming work from Ani Difranco and many of his own pieces. He has written poems to raise awareness

of child trafficking and child rescue as well as pieces intended to inspire junior high and high school students to try their hand at writing poetry. Dimitri’s exciting energy, as well as clever alliteration and rhyme structure, is enough to keep any poet-slamming fan begging for more.



Photo by Misty Mulkey  
From left to right, performers Adam Love, Michael Demetry, and Mc Prototype.



Photo by Misty Mulkey  
Mc Prototype performing at the Poetry Slam last Friday.

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ARTS & ENTERTAINMENT

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Green Hornet: Chicks dig the car

Joseph Meyere  
Arts Reporter

2011 is promising to be huge for super hero fans. With DC's *Green Lantern* coming in June and Marvel's *Thor* showing up in May, it's no surprise that some of the lesser

known heroes will be trying to hang onto the big guys' capes with their own movies. Leading the pack is *Green Hornet*, a super hero movie that shows that any super hero has the potential for an awesome movie, not just the ones with action figures.

*Green Hornet* was originally a radio series in the 1940's and was created by the same man who created *The Lone Ranger*, George Trendle. There are even a lot of similarities between the two: both are masked vigilantes, and both believe in exploiting

minorities. Lucky for them, though, since without their stereotypical sidekicks, they'd both be dead on their first adventures.

The *Green Hornet* film follows Britt Reid, played by Seth Rogen (*Monsters Vs. Aliens*, *Funny People*), the rich son of a wealthy philanthropist and newspaper editor. After his father's sudden death, Reid meets his father's mechanic Kato, played by John Cho (*Star Trek*). Kato is a Chinese orphan with ninja skills and the ability to build weapons into things that Batman would be proud of. After Reid finds out about Kato's amazing abilities, he convinces him to become a super hero and try to clean up the dirty streets of LA. Opposing them

is Chudnofsky, the evil mob boss who controls all the crime in LA, played by Christoph Waltz (*Inglorious Bastards*). Cameron Diaz (*Shrek*) plays the love interest, Lenore Case, who never actually falls in love with anyone. In fact, the missing shoe-horned love subplot is refreshingly missing from this super hero movie.

The film follows our not-so-dynamic-duo as they punch, kick, and shoot their way around LA. *Black Beauty*, the car that Kato tricked out to make into an arsenal on wheels, makes all this incredibly entertaining. Ever wonder if it would be easier if Batman or Spider-Man just gave up on the whole "never kill" thing and just started wasting people left

and right? Well that's what these guys do. At points they try to use non-lethal weapons, shooting sand bags from the car and using a gun that shoots knock-out gas, but they usually break down and start using the rail guns mounted to the hood of the car and just up the body count.

This is another great popcorn movie, like *Season of the Witch*. The plot is simple but not stupid, and the chemistry between Rogen and Cho is executed really well. It shows that Rogen can do well outside of mindless comedies, and star in more higher quality works - at the very least, better comedies.

*Green Hornet* is rated PG-13 for watching a lot of people brutally die, and strong language.

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Texting 43549 is free. Standard text message rates from your wireless provider may apply; check your plan. Late, incorrect and/or duplicate entries will not be considered. Limit one entry per cell phone. Winners will be drawn at random and notified via text message with screening details by Monday, January 24 at 10:00AM. Each mobile pass admits two. The screening will be held on Monday, January 24 at 7:00PM at a local theater. Sponsors and their dependents are not eligible to receive a prize. Supplies are limited. The film is rated "R." Passes received through this promotion do not guarantee a seat at the theater. Seating is on a first-come, first-served basis, except for members of the reviewing press. Theater is overbooked to ensure a full house. No admittance once screening has begun. All federal, state and local regulations apply. A recipient of prize assumes any and all risks related to use of prize, and accepts any restrictions required by prize provider. CBS Films, Terry Hines & Associates, SLCC Globe and their affiliates accept no responsibility or liability in connection with any loss or accident incurred in connection with use of prizes. Prizes cannot be exchanged, transferred or redeemed for cash, in whole or in part. Not responsible if, for any reason, winner is unable to use higher prize in whole or in part. Not responsible for lost, delayed or misdirected entries. All federal, state and local taxes are the responsibility of the winner. Void where prohibited by law. No purchase necessary. NO PHONE CALLS!




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