

# THE GLOBE

WEDNESDAY  
FEBRUARY 16, 2011  
ISSUE 6 / SPRING '11

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## TWO WEEK CNA CERTIFICATION

Photo by Misty Mulkey

CNA's can work in a number of different areas once they are certified. From left to right: Victor Peña, Kris White and Nancy Urcino.

## Advantage CNA prepares students for licensing test

John Fisihetau

Staff Reporter

Becoming a Certified Nursing Assistant can take just two weeks through Advantage CNA, a newly founded company established by two Utah licensed nurses and CNA's named Jesse Winfield and Kris White.

These approved CNA instructors through the Utah Nursing Assistant Registry (UNAR) have created, operate and own their two week CNA program, designed to get their students hands on training they will use daily once they are certified.

The UNAR requires 80-hours of training, including 16-hours of hands on clinical work with patients. Advantage CNA students, "will receive 82 total hours of both



Photo by Misty Mulkey

Advantage CNA, a newly founded company established by two Utah licensed nurses and CNA's named Jesse Winfield and Kris White. Left to Right: Jesse Winfield, Nancy Urcino, Carmen Peña, Eduardo Peña, Victor Peña and Kris White.

classroom and hands-on training; 53 hours of classroom instruction and 29 hours of on-site clinical training." Each applicant will be paired with a CNA that will shadow them during actual procedures performed to receive the certification.

Advantage CNA fulfills all of these requirements and more by supplying the training right inside the Woodland Park Care Center in

Murray.

There is a \$50 registration fee and a \$300 fee for the entire course, if registered before Feb. 28.

"It's a good price for the course and we're outgoing nurses willing to help in anyway we can," White said.

"We relate well to the kids and students in our program, because we've been there before," said

Winfield. "It's a very difficult, tedious job but if you keep a smile, you can have a good experience."

Lorraine Cuellar and Nancy Urcino are Salt lake Community College students currently enrolled in the Advantage CNA program.

Cuellar, a veteran in the medical field for 13 years, expressed her support the program. "This is by far the shortest and the cheapest program available. You can crank it out in two weeks." She enjoyed how the instructors Winfield and White give personal experiences that are applicable to their everyday work. "The training is a good exploratory course," Cuellar ended.

Urcino, a mother of three children, has been taking the course this week. She said, "It's a good eye opener, if you really want to be a nurse. It helps you know your options. It [the course] gives you the levels of the type of nurse that you'd like to be."

Those areas of CNA job training include long-term care patients, 60-day rehabilitation for people of all ages, the elderly and care for

CNA/Continued on page A3

## Look good, feel good

Veronica Aguilera

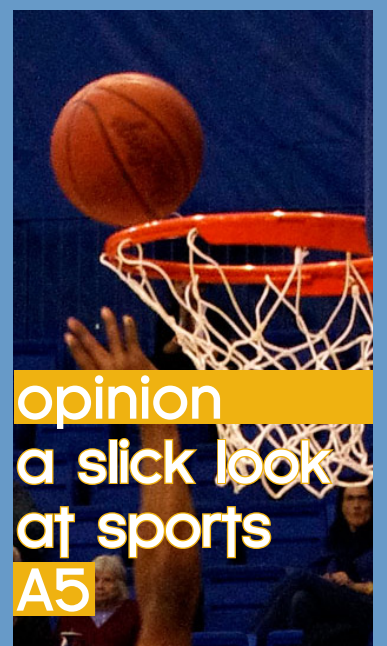
Contributing Writer

Stress is a common problem among college students. There are many ways to deal with stress; one widely renowned way is working out.

While working out and building muscle, stress is released from ones body. There is a scientific explanation behind the stress-reducing benefits of working out; while you are working out you are chemically releasing endorphins, also known as happy hormones. Another way that stress is being released while working out is that concentrating on the various movements makes a person forget about other stressful issues in his or her life, which also helps decrease stress.

Salt Lake Community College students have the privilege of utilizing an on-site gym, free with a student ID. SLCC's fully equipped gym is located in the Health and Lifetime Activities Center (HLAC).

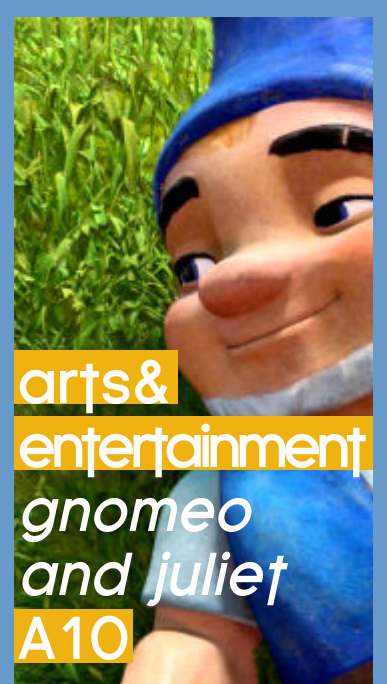
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at sports  
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beauty  
A8



arts &  
entertainment  
gnomeo  
and juliet  
A10

## Computer Assisted Language Learning Lecture

David Bell

Staff Reporter

Salt Lake Community College hosted a lecture last Thursday about using computers to help learn language. Associate Professor Shiyo Sakamoto of Shitennoji University in Osaka, Japan presented the lecture.

Sakamoto's presentation was about Computer Assisted Language Learning (CALL). The presentation was about using computers for language learning. He talked about computers and software that he uses in his class.

"In Japan, the language computers would be in English. The software that is used is non-commercial specific science software," Sakamoto said. "My students are required to use this



Photo by Misty Mulkey

Associate Professor Shiyo Sakamoto of Shitennoji University in Osaka, Japan presented a Computer Assisted Language Learning (CALL) lecture last Thursday.

software in one of my classes."

Sakamoto told of some of the benefits of CALL. It is a multi-model practice with feedback. It has individualized learning, game-like programs and authentic communication, oral if possible. Some of the web sites that he uses are Smart.Fun, English Central, E-Mail Exchange and Skype. These web sites are free right now. There is also record keeping that tracks how a student does, and can tell the student where help is needed. Sakamoto explained how the computer program manages the student's progress.

People in Japan are not required to have to speak English. In other Asian countries a person has to speak fluid English in order to be

CALL/Continued on page A3



# STUDENT EVENTS

## WED/16

**1pm-2pm**  
Egyptian Panel: What is happening in Egypt? @ TR Campus: Student Event Center.

**3:30pm-4:30pm**  
Environmental Club Meeting @ TR Campus: Student Center Basement, Senate Chambers Room.

**5pm-6pm**  
YOGA: Coloring Outside the Lines Club @ TR Campus: STC 219

## THURS/17

**1pm-2pm**  
Tattoos & Body Piercing @ TR Campus: Technology Building, East Foyer.

**4pm-5pm**  
Modern Slavery: What we can do about it @ Eccles Auditoriam, U of U

**6pm-8pm**  
Dialogue on Race Series: Equal Opportunity @ Mountain View Elementary, 1380 Navajo St. (1330 West)

## FRI/18

**All Day**  
International Tattoo Convention @ Salt Palace Convention Center

**12pm-1pm**  
Free Yoga for SLCC Faculty and Staff @ TR Campus: LAC, Room 124

**7pm-8pm**  
Comedian Asif Ali @ Jordan Campus

**8pm-9pm**  
Cupid & Roses - Speed Dating and Semi Formal Dance @ TR Campus: SEC

## SAT/19

**All Day**  
International Tattoo Convention @ Salt Palace Convention Center

**9am-12:30pm**  
Taming the Wild Horse of the Mind Part IV @ Episcopal Church Center of Utah, 75 S. 200 E. SLC (Wasatch Room)

## MON/21

**Washington's Birthday**

**10am-12pm**  
Bible Study @ TR Campus SEC, Multicultural Conference Room.

**3:30pm-6:30pm**  
CHEAP FOOD! The Community Food Co-op warehouse @ 1726 S. 700 W. SLC

**5:30pm-6:30pm**  
Free Yoga for SLCC Faculty and Staff @ TR Campus: LAC, Room 124

## TUE/22

**All Day**  
5th Annual International Conference on Human Rights, Conflict Resolution, Nonviolence & Peace @ U of U, visit [humanrights.uta.edu](http://humanrights.uta.edu) for more info.

**10am-3pm**  
Blood Drive @ TR Campus: Student Event Center

**10:30am-12:30pm**  
Focus the Nation: Clean Energy Forum @ Hinckley Institute of Politics Caucus Room

## SUN/20

**All Day**  
International Tattoo Convention @ Salt Palace Convention Center

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, February 22nd.

Entrants may only win once per semester. Mass Communication Center staff and faculty are not eligible to win.

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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

Edited by Will Shortz

No. 0112

ACROSS

1 Poorly developed, as an idea

7 Clear of dishes

10 50%

14 Milton Berle's longtime sponsor

15 Actress \_\_\_ Alicia

16 \_\_\_-Dixie Stores

17 Spoil, as a parade

18 "Stat!"

19 "\_\_\_ homo"

20 Tony winner Hagen

21 Joule fraction

23 "Misty" composer Garner

25 The second "T" in TNT

28 Vitamin label fig.

29 Rock's \_\_\_Lonely Boys

30 Sunken ships

31 Unmoved

33 Anka's "\_\_\_ Beso"

34 Port on the eastern Mediterranean

35 Go \_\_\_ length

36 Q's point value in Scrabble

37 Coffee additive

38 Bikini part

41 Draws back

42 Big Apple enforcement org.

46 Improviser's asset

47 Artist Matisse

48 Tahitian-style wraparound skirt

50 Dam-building org.

51 Western treaty grp.

52 Most dismal

54 Worker in a cage

56 Pickup truck feature

57 Book before Esth.

58 Joy Adamson's lioness

59 Way of the East

61 "As if!"

64 Marsh growth

65 Year-end helper

66 "Time After Time" singer Cyndi

67 Four hours on the job, perhaps

68 Cool, in slang

69 Opening 30 minutes of football

DOWN

1 Deceptive remark

2 Barely defeat

3 With respect to a graph line, e.g.

4 Toto's state: Abbr.

5 Prefix with system

6 "Singin' in the Rain" director Stanley

7 Prank cigar sound

8 Game with Draw 2 cards

9 How a magician's assistant might appear

10 Person in the hole

11 Lake Michigan explorer Jean \_\_\_

12 Box in

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64					65				66					
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PUZZLE BY JIM HILGER

13 Wrestling hold

22 Puts a new finish on

24 Risqué

26 Kiev's land: Abbr.

27 Suffix with Sudan

28 Like some inns or hot dog stands

32 Cartridge filler

37 Hardly enthusiastic

38 Wife, colloquially

39 In a tangled mess

40 Amu Darya's outlet

41 Do some blacksmith's work on

42 "Wait Wait ... Don't Tell Me!" aier

43 Shaggy animal in a herd

44 Marriage contracts, briefly

45 Provisional Mormon state

49 Jacob Riis subjects, with "the"

53 Moe parodied him in some W.W. II-era Three Stooges shorts

55 Tramp's love

56 Broadway hit, slangily

60 Pub offering

62 Yes, in Yokohama

63 Big \_\_\_, Calif.

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](http://slccglobelink.com). The Globe is distributed free of charge, limit one copy per reader. Additional copies may be made available upon request. No person, without expressed permission of The Globe, may take more than one copy of any Globe issue.



CAMPUS

campus.globe@slcc.edu

CNA

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individuals in psychiatric wards.

CNA's can work in a number of different areas once they are certified. Winfield expressed this need in hospitals, home healthcare, assisted living facilities, and hospice or end of life care for patients.

"With the baby boomer generation becoming 65 years old at rates of 10,000 a day, care will be needed for them," White said.

"I can't do my job without CNA's," Winfield said.

After students complete the course, the student will receive an "Application to Test." Then, after paying the \$70 fee to get a testing voucher, they can then take the two part test, upon scheduling an appointment. The test will consist of a written and skills portion.

15 to 20 students can take the class during each two week period. Classes are from 6:00 p.m. to 10:30 p.m. each weeknight, with two Saturday and Sunday shifts. Classes are held at the Woodland Park Care Center, located at 3855 South 700 East in Murray.

More information, including how to register can be found at [advantagecna.com](http://advantagecna.com) or by calling 801-850-1449.

CALL

Continued from page A1

in the higher echelons of a company. It is not that way in Japan. Since people in Japan do not have to speak English, students do not get much of a chance to interact with English speaking people.

"Japanese students are not good at reading English

aloud because they have a hard time pronouncing English words," Sakamoto said. "Teachers try to help students with this by role playing, but it's not authentic English."

About 40 guests were in attendance, including some SLCC students.

"I'm here to fill a commitment for my communications class," student Joshua Gourley

student said.

"I came for extra credit, and because I'm interested in this," student Keshav Poudel said.

Sakamoto has been teaching at Shitennoji University for 15 years. The University is also called the International Buddhist University. He teaches English and PC skills.

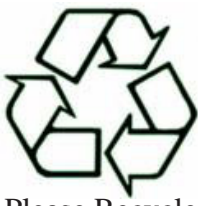
"In my classes I use word, excel and some scripting,"

Sakamoto said.

Faculty Services, Study Abroad, the International Education Office and the Faculty Teacher Learning Center (FTLC) hosted the presentation.

"Faculty Services has events like this all the time. We put up posters all over the campus...on the bulletin boards announcing events like this," Amber Herzog of Faculty Services said.

Audience members had the chance to meet Professor Sakamoto at a post-presentation reception.



Please Recycle

LAC

Continued from page A1

Aside from fitting in those skinny jeans, working out is very important to a person's health and overall well-being, both emotionally and physically.

"I usually go and work out after doing hours of homework," SLCC student Teresa Nekesi said. "I feel good about myself after working out and that makes me feel less stress."

Just like Nekesi, student Roxana Cordova feels better after a gym visit.

"It makes me feel happier after working out, so therefore I feel less stress and more energized to continue with my day," Cordova said.

Being physically fit has a lot of benefits; a lessened chance of having heart related health issues, more endurance, less stress and what some consider

the best benefit of all - liking the way one looks.

Just like many other SLCC students, Gavin McCallister uses the school gym to work out, build muscle, stay in shape and also because it is free for students.

"[Working out is the] best stress reliever that I have," McCallister said.

It is well known that the life of a college student is very hectic and can also be very stressful. Trying to balance life, school and work can be very difficult. Finding time to work out is a great way to relieve the stress that builds up day after day. No one ever suffered from less stress in his or her life.

The HLAC gym is a convenient way for students to get their exercise, mostly because it's located right on campus. According to McCallister, it is very rare for a person to not find an open machine to work out on.

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COMMUNITY

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New acne medicine for a Beautiful Clear Face

Terra Gomer  
Staff Reporter

Paris Garrard started Beautiful Clear Face to help with her own acne when nothing else worked. She was so excited when this formula worked on her bad acne that she wanted to share it with the world.

"I have suffered with acne and its devastating consequences of scarring for years," said Garrard, a former student of SLCC. "At one time, I didn't want to go to school, I wouldn't date, and often, I wouldn't even leave the house."

Garrard first saw the power of vitamin B on her sisters' and hoped that it would work on herself because she suffered from acne on most of her face.

Beautiful Clear Face comes in a pill formula that is all natural, vegan, soy free, gluten free, and also cruelty free. The pills contain those necessary B-vitamins that are sure to get rid of everyone's acne and related skin problems.

Beautiful Clear Face has

been known to reduce or eliminate breakouts, control skin oil production, reduces pore size, promotes skin clarity and encourages healthy skin.

"Dr. Lit-Hung Leung, M.D. discovered the ability of vitamin B5 to reduce acne," said Garrard. "Dr. Leung believes the product decreases the production of sebum, which is the oily substance produced by the sebaceous gland."

Those who take this product are supposed to take four pills three-times daily for best results. Those who do not have severe acne may take less than those who do have severe acne. One bottle is \$49.95 and contains 240 pills, enough for a 20 day supply.

"We have found that some people with severe acne need to take the product for 4- 6 weeks to achieve desired results," said Garrard.

This product is USA made and made in a quality-controlled, government approved (GMP) certified lab. Beautiful Clear Face is dedicated to make high

quality products.

"Currently, the product is sold online only. You can expect to see it in select stores within the next few months," said Garrard.

There is a chance to win \$100 for trying the product and taking a before and after

picture, depicting that the acne has cleared up or improved, and then sending the pictures to [Robert@beautifulclearface.com](mailto:Robert@beautifulclearface.com).

"Acne creates suffering. I know that first hand, so I want as many people as possible to experience the joy

of clear, healthy skin," said Garrard. "My goal is to let the world know about a possible solution. We are trying to find creative ways to get the word out."

The bottle comes in two cool colors black and blue; there is no difference in the

product, though, just the bottle.

More information about this product can be found on their website at [beautifulclearface.com](http://beautifulclearface.com) or by finding them on Facebook under Beautiful Clear Face.

A little bit of everything

Bryanna Boyle  
Staff Reporter

A little bit of a lot of different religions is what was found at this year's third event of inter-faith month. "Doing Ministry in the Multi-Faith Setting" was the topic discussed by Rev. Michael Chittum of First Congressional Church.

Representatives from the inter-faith round table were present and gave a little background about why inter-faith month was started. It all started about nine years ago, when the 2002 Winter Olympics took place in Salt Lake City, Utah. It is

Interfaith

(Continued on page A4

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COMMUNITY

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# Goldman Sachs, highly coveted internship

Elle Jay  
Staff Reporter

The room wasn’t large enough to hold all the hopeful candidates for Goldman Sachs summer internship. Standing in doorways and sitting in aisles, students eagerly listened to GS team members present the shiny opportunity. Last year, three summer interns were chosen from Salt Lake Community College. With 75 to 80 percent of interns going on to full-time employment, you can see why so many are keen to listen and possibly apply.

The process to obtain the internship is said to be brutal. Shalay, former SLCC student

turned intern, said she met with multiple people before being offered the position, and hints of up to 50 interviews were alluded to by other team members. Even though she spoke of 10 to 12 hour workdays she seemed more than delighted to be part of the GS team calling it the “best opportunity.” Her advice to any new intern is to ask a lot of questions.

Goldman Sachs is a financial services company ranking number 23 on Fortune 100’s best places to work. Although they have been on the list since its inception in 1998, some think the firm may have seen its brightest days. According to Dealbreaker,

4th quarter earnings fell 52 percent to 2.4 billion. This apparently did not stop them from tripling Chief Executive Officer Lloyd Blankfein’s pay from \$600,000 to a cool 2 million along with their Chief Financial Officer, Chief Operating Officer and Vice Chairman’s pay rising to 1.85 million each.

Another dark cloud is their recent social networking faux pas. Far removed from accidentally placing a few drunken Christmas party photos – GS lured investors in on hopes of buying in to Facebook’s international venture. According to Internet posts they then “pulled the rug out” when they announced

that they could no longer offer it to United States investors. The offering is being made solely to foreign buyers. In an Emerging Media poll of 355 voters, 87 percent of respondents think GS erred in its handling of the Facebook share offering.

When associates were asked about the recent Facebook debacle they would make no comment and instead referred us to their media department.

To combat these gray skies, GS shows itself as a philanthropist in other areas. Their campaign of 10,000 women, where they offer women globally a business and management education, has public appeal. They

also boast the “10,000 small businesses” – a massive investment to help create jobs and economic opportunity in the United States. It’s innovative, effective and obviously well invested in website greets you with a flurry of fascinating and encouraging facts about the company. They state commitment to excellence, belief in the power of a team and creative ideas and solutions from diverse educational backgrounds as the focus for recruitment.

Community bridge events like the one held at the Salt Lake Community College also help to smooth the GS image.

The Salt Lake City office with over 1000 employees

“continues to grow” according to Vice President Leonard O’Mara. Anyone interested in applying for the Goldman Sachs internship should do so online at goldmansachs.com. Although they do deal mainly with finances, they are open to students from many different fields, including those with an arts emphasis. They are mainly looking for SLCC students who are in their final year and who are planning on transferring to obtain four-year degrees. They will also be holding a workshop for resume and interview assistance in the Student Resource Center, Room 223. You may want to arrive early to be sure to get a seat.

## Interfaith

Continued from page A3

required for the host city of the Olympics to provide participating athletes and coaches with places for them to practice their religion. This is when the inter-faith round table was formed. The round table enjoyed what they did so much, they made an inter-faith week. The week then turned into what it is now; inter-faith month. Josie stone was credited for changing the event into a month long

activity according to Ivan Candese, the Executive Director of the round table.

“Ministry, often, is thought of only in context of a Church setting,” Chittum said, defining ministry as, “I think anyone who works and helps someone else is in fact in ministry. So any of you who fall into that category, you are in ministry.”

“Are we Multi-Faith? You bet we are,” Chittum said. He went on to say that according to the Association of Religion Data Archives (ARDA) there are over 50 different

individual religiously identifiable groups in the Salt Lake/Ogden metropolitan statistical area (MSA). “Most of those, as you would imagine, are some part of the Christian Religion,” Chittum said. He also provided that there are many other non-Christian religions included in these 50 different religions like Judaism, Buddhism, Islam, among others. “I figure that qualifies as multi-faith,” he said.

“You need to look up ARDA, they provide probably the best analysis of religion

and demographics by city level, by counties, by MSA’s, etc.,” Chittum provided about his main resource for the nights speech.

“With the diversity of religion that exists, there is absolutely no way to cover all the religions of the world,” with the time allotted. Chittum noted that people are able to put their own educational program into next year’s inter-faith month, if they are interested in educating about a particular religion that he was unable to cover.

Chittum informed the

audience that he would be covering the religions he covered from a health care point of view, meaning that he would be discussing what people of certain religions do when they are in a place like a hospital. He went through many religions and included whether or not they could take medicine, and if they could, what kind, if not, then why they don’t. He also included issues of modesty and other problems that people of certain faiths come across in a medical environment.

There were many religions

discussed broadly, but Chittum made sure to tell the audience that he was not stereotyping, but simply making general statements. He said he had to do so because he did not have enough time to dive deeply into every religion he would be discussing.

Chittum covered many religions including Buddhism, Judaism, Islam, Sikhism, Christianity, Hinduism, and a few others.

For a list of the upcoming activities of inter-faith month, visit [interfaithroundtable.org](http://interfaithroundtable.org).

OPINION

opinion.globe@slcc.edu

# HLC advisor urges members to “pay it forward.”

Veronica Aguilera  
Contributing Writer

We all have a friend or know someone who is part of a club here at Salt Lake Community College. While SLCC has many clubs, the Hispanic Latino Club (HLC) stands out the most to me. This is because the club has members from many different backgrounds.

According to HLC advisor Ana Archuleta, the main purpose of the Hispanic Latino Club is to provide leadership skills to its members, and also to get them involved in the community.

One of the things they have

done for the community is the purchasing of turkeys for low-income families in the west side central city area for the last two years.

Archuleta said her job is to guide them [club members] on how to handle different situations and teach them leadership skills.

With the state of the current economy and being a full time student, it’s hard to find a job that works around one’s schedule. However, the Hispanic Latino Club offers job opportunities to its members.

“During the census we had a lot of students hired, working at the call center,” Archuleta said. “I’ll get jobs in where they just want

bilingual people, and that is really effective, so I’ll pass those on.”

The club’s connection with the Hispanic Chamber of Commerce can be really helpful to club members. Archuleta said they’ve had students walk out of conventions with jobs.

As the advisor of the Hispanic Latino Club, Archuleta has an expectation from the club and its members.

“Make their education top priority,” she said. “To me, that’s the most important, and that they pass all their classes. And move on to a higher college if that is what they want.”

Archuleta believes that

she wouldn’t be in the place she is right now if it wasn’t for the help that she received from others and this is the reason she is always helping students.

“My philosophy is to pay it forward,” Archuleta said.

The purposes of the meetings are for members to bond with other students, help each other out, learn how to work with each other and learn to think for themselves. HLC members are presented with these kinds of situations at every meeting. For example, whether a person wants to run a project and others don’t or simply because someone is having trouble with a class and wants help from other students.

The HLC meetings are every Wednesday at 1:00 p.m. in the Student Center at the Taylorsville Redwood Campus. Everyone is

welcome to attend and join the club - and no, you don’t have to be Hispanic or Latino to be part of the club.

## Retrain your brain on a typical day

Emmie Jones  
Staff Reporter

It’s a typical winter day in Salt Lake City; it is 35 degrees and the smog is killing your lungs. It’s 5:30 p.m. and you’re driving home from school. The traffic is bad today, too. It seems like you have to stop at least

three times before making it through the upcoming light. You’re getting frustrated.

Between lights, you hit every pothole in the road. It is like the potholes are strategically placed right in front of your tires hoping to

Retrain  
/Continued on page A5

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CANYONS™



# Retrain

Continued from page A4

ruin your rims or whatever they can destroy. You’re thinking, “I just want to scream. I am so tired of the holes. I am so tired of this traffic. I am so tired of winter. And the radio is not playing anything I like.”

As traffic starts to move, some moron next to you isn’t paying attention. You look over and see him playing with his phone. The almost side swipe you. And then ... yes, you did it. You blurt out those words that you don’t want people to know you even thought, “A-hole.”

Could your day get any worse? I mean, you just struggled to pass that math test, you had to sit through two hours of boring lecture and you still have to go to work later. Why does your life have to be so lame?

Now, you’re sitting at another light, which seems to be taking an unusually long time to turn green. The genius idea of plugging your iPod into your stereo occurs (this is for those of you who don’t have satellite radio yet). You put on your happy music. You push play to your special theme song that immediately lifts your mood.

You start tapping your left foot, you start drumming the steering wheel and humming the tune. Now this is when you should be taking your mind to a happy place, while you’re waiting for the light to turn green.

Turn your radio up, sing louder and imagine it being a hot, sunny day. Crank the heater and crack the windows. Imagine what it feels like to open your sunroof and roll your windows down all the way. Pretend it’s a gorgeous day. Can you feel the sun’s rays heat up your skin?

The lyrics you’re singing now are loud and piercing through to your heart and your mood. You can’t wait to drive more. You’re imagining yourself driving on an open road, no speed limits, hot temperatures and your favorite music.

What were you doing just now? You were escaping reality so you could survive that painful drive home.

In my own words, this is effective meditation. Meditation puts you in a different place to help you relax, regroup and get control of your thoughts once again. It’s important. Meditation should be something that we turn to when we are about to explode. Some sit quietly, some write, some listen to music. There are many ways to meditate. Just do what’s best for you.

The power of your thoughts is unbelievable. If you learn to control those thoughts and use them in a positive way, you will find more joy in the things that are not enjoyable. Are you taking advantage of meditation?

# A SLICK LOOK AT SPORTS

## The Bruin beat

Ryan McDonald  
Staff Columnist

Facing #9 North Idaho College, the Lady Bruins won in unique, perhaps unexpected, fashion last Friday. Getting just two points from star guard Haley Holmstead, fellow backcourt mate Sofia Hepworth picked up the slack as she led the Bruins with 21 points en route to a 60-58 victory.

With the Cardinals down by six at half, 6’2 Turk Tugce Canitez helped them quickly erase the deficit. The Bruins got the lead back to 7, but NIC wasn’t done. A floater from ShaKiana Edwards-Teasley with just over a minute to go cut the Bruin lead to one. A turnover by SLCC with 23 seconds left gave NIC one last chance, but Hepworth came up with a clutch steal then finished it at the foul line.

The Cardinal men apparently thought that warm-ups continued after tip-off, as SLCC’s first 8 points came via layup. Trailing 29-20 lead at the 7:53 mark, NIC charged back, taking the lead with 1:35 left in the first half, 35-34.

Down by three at the beginning of the second frame, Salt Lake returned to their chip-shot ways, erasing the Cardinal lead. NIC built the lead back up, holding a 5 point advantage with 14 minutes to go. After 13 minutes of neck-and-neck action, NIC’s Michael Hale missed a layup with 28 seconds to go and SLCC up one. Two Patrick McCollum free throws made it 85-82 Bruins, and they won 87-82.

In addition to the on-court action against rival College of Southern Idaho, special activities were held on Saturday to honor those who have, and are, battling cancer, particularly breast cancer. Holmstead immediately made up for Friday, scoring SLCC’s first six points. Facing an intense full-court press all evening, it was either bang-or-bust for the Bruins, as they consistently either turned the ball over or got easy layups. Unfortunately for CSI, the layups happened often enough for the Bruins to build a 30-21 lead at half.

Having figured out the press, the Bruins

gained a 14-point edge with 11:37 left. Just four minutes later however, the advantage was just two. SLCC calmed down though, and pulled away to win 72-63.

Jumping out to an 11-0 lead to start their game, the men looked to make quick work of Southern Idaho. Foul trouble cost them though, as Alfonso Hubbard, Jason Gamblin and Patrick McCollum each picked up two early violations. With them on the bench, the Bruins struggled to put the ball in the hole, and CSI soon had their first lead, 26-25. A jumper at the buzzer gave CSI a 42-37 lead at half.

The Golden Eagles led by as many as 11 in the second half, but SLCC didn’t give up, and trailed just 72-70 after McCollum made three foul shots with 1:25 to play. After an intense minute, CSI’s Kenny Buckner put back a miss with 26 seconds left to make it a five point lead. The Golden Eagles ended up winning by four, 79-75.

**SOFTBALL:**

The softball team continued their winning ways last weekend, winning all 8 contests as conference play began. On Thursday, they knocked off North Idaho College 5-4 and 6-1. In the opening game, North Idaho got on top, but SLCC came charging back via home runs from DJ Richardson and Kylee Brinkerhoff. Ariel Zimmerman got another win. The offense really got going in the second game and Dezlee Roberts allowed just four hits en route to victory.

In day two action against the Cardinals, Zimmerman was nasty, striking out 15 in game one. Kylee Brinkerhoff hit a three-run dinger, and Krystin Jachim contributed the other two RBIs as SLCC won 5-0. The sweep of NIC didn’t come easy, as the Cardinals took SLCC to ten innings in the second game of the day. The Bruins prevailed though, winning 7-6. After three scoreless extras, Brinkerhoff hit a single to win it.

On Saturday, Western Nevada was the victim, as SLCC won 10-0 and 10-2. Zimmerman got another win in game one, and Kylee Bufton joined the home run party. In game two, the offense got going early, and Kylee Colvin got the win on the mound.

Softball stats taken from slccbruins.com.



Photo by Misty Mulkey  
#5 Sophomore Guard LeSean Wilcox skies high against the Golden Eagles of Southern Idaho.



Photo by Misty Mulkey  
#11 Freshman Guard Sofia Hepworth pulls up for a jumper against Southern Idaho. Hepworth led the Bruins to victory with 21 points.



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Bride Guide; 20 in; Black plus one; -; 6cols; -



Bride Guide; 20 in; Black plus one; -; 6cols; -



ARTS & ENTERTAINMENT

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The Sleeping Beauty awakes with beautiful dancing

Amelia Corey  
Staff Reporter

Ballet West’s latest show, The Sleeping Beauty has reaffirmed their reputation as the best ballet company in the west. Thanks to the performers, the incredible orchestra and beautiful scenery, Ballet West opened to an almost full house.

The Sleeping Beauty tells the tale of the young princess, Aurora who was cursed at childbirth by a scorned fairy. The curse made her prick her finger when she was 16 and to fall into an endless sleep with only a true loves kiss to wake her up. Her true love, Prince Desire finally fights his way to the castle and awakens Aurora. They get married and have an incredible celebration.

Even without the synopsis provided in the program, the choreography of the dance told the story without words. The arm and leg movements showed the audience exactly when they were talking about slumber or how beautiful Aurora was. The expression

and passion that all of the dancers had was evident in their talent and technique.

Credit for a fantastic performance has to be given to the dancer who played

One of the dancers, who is also worth watching, is the scorned fairy, Carabosse, played by Christiana Bennett. Her theatrical stunts and accompanying team of

romantic music from this ballet. The music was timely, lively, and appropriate with the choreography.

Even the costumes and scenery were the perfect match for the perception that Ballet West was trying to set. The correct time period clothing was refreshing and the bright colors and elegant costumes kept the audience lost in the story. The special effects ranged from flash powder to lifting dancers with wires, which were refreshing and surprising.

The dances themselves, which are traditionally

monotonous, were exciting and different. The four different parts were entrancing but the last part was magical. The Wedding of Prince Aurora and Prince Desire had many different celebration dances and different guests. The most notable of this act was the different dances by Prince Floristan, played by Tom Mattingly, Diamond and Gold, both played by Elizabeth Murphy and Whitney Huell. Their dances were compatible with the music and left the audience wide mouthed with the talent

and air of celebration.

This ballet is perfect for the time of year and for anyone who wants to get lost in a story with the performers and the music. This version of Sleeping Beauty is a must see for those who appreciate skill and beauty.

Tickets, which are normally quite pricey, are offered to SLCC students for half price the day of the showing at the box office. For more information about Ballet West’s thrilling performance this week, go [balletwest.org](http://balletwest.org).

Performing Dates

2/11 at 7:30 pm - 2/12 at 2:00 pm & 7:30 pm

2/14 at 7:30 pm - 2/16-18 at 7:30 pm

2/19 at 2:00 pm & 7:30 pm

Aurora, Sara Webb. Sara Webb is a guest to this performance but that does not hinder her dancing. Her demeanor and excitement left me entranced and captivated by her skills. Many times, she roused the audience to applause with her agility and strength with the various moves.

Prince Desire was played by Christopher Rudd, a star dancer at Ballet West. He also impressed the audience with his moving quest for the beautiful princess that he was shown by the fairy of Wisdom.

dancers who played her minions created the vision of sadness and bitterness that was her fairy’s main traits.

The only drawback to the dancing was that the chorus line had a few girls who were a few counts off of the choreography, which was only noticeable to the trained eye.

The Utah Chamber Orchestra was the accompanying musical performers. The ballet was played with original music by Tchaikovsky. The conductor is Terence Kern and he filled the Capitol Theatre with rich

Just Go with It, just don’t go

Joseph Meyere  
Arts Reporter

Valentine’s Day was here and with it came its traditional romantic comedy. This year’s features Adam Sandler, in hopes that men will actually want to see it. Too bad that Sandler can’t act as anything beyond

a *Saturday Night Live* character.

*Just Go with It* has Sandler playing his typical romantic comedy character. A bland man with one interesting characteristic he changes from movie to movie, just so the audience can tell him apart from one movie to another. This year’s quirk is

that he pretends to be married to pick up chicks. If the plot sounds familiar, it’s because it’s wholeheartedly ripped off from an episode of *Seinfeld*. Sandler then meets a girl played by Brooklyn Decker (*Chuck*, *Ugly Betty*), and

*Just Go with It*  
/Continued on page A10

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ARTS & ENTERTAINMENT

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# Shakespeare rolls in his grave over *Gnomeo and Juliet*

Joseph Meyere  
Arts Reporter

Movies have been ripping off Shakespeare since before movies even had sound. Classic stories with relatable themes make for good entertainment. Most of the time. When done well, they're a homage to the great bard that can be spectacular, like with *The Lion King* - a

retelling of *Hamlet* - and *Romeo and Juliet* starring Leonardo DeCaprio. But *Gnomeo and Juliet* stands out by completely destroying the classic story. The plot needs no explanation; it's *Romeo and Juliet*, but instead of Montagues and Capulets, it's red gnomes and blue gnomes in separate back yards. The gnomes are at

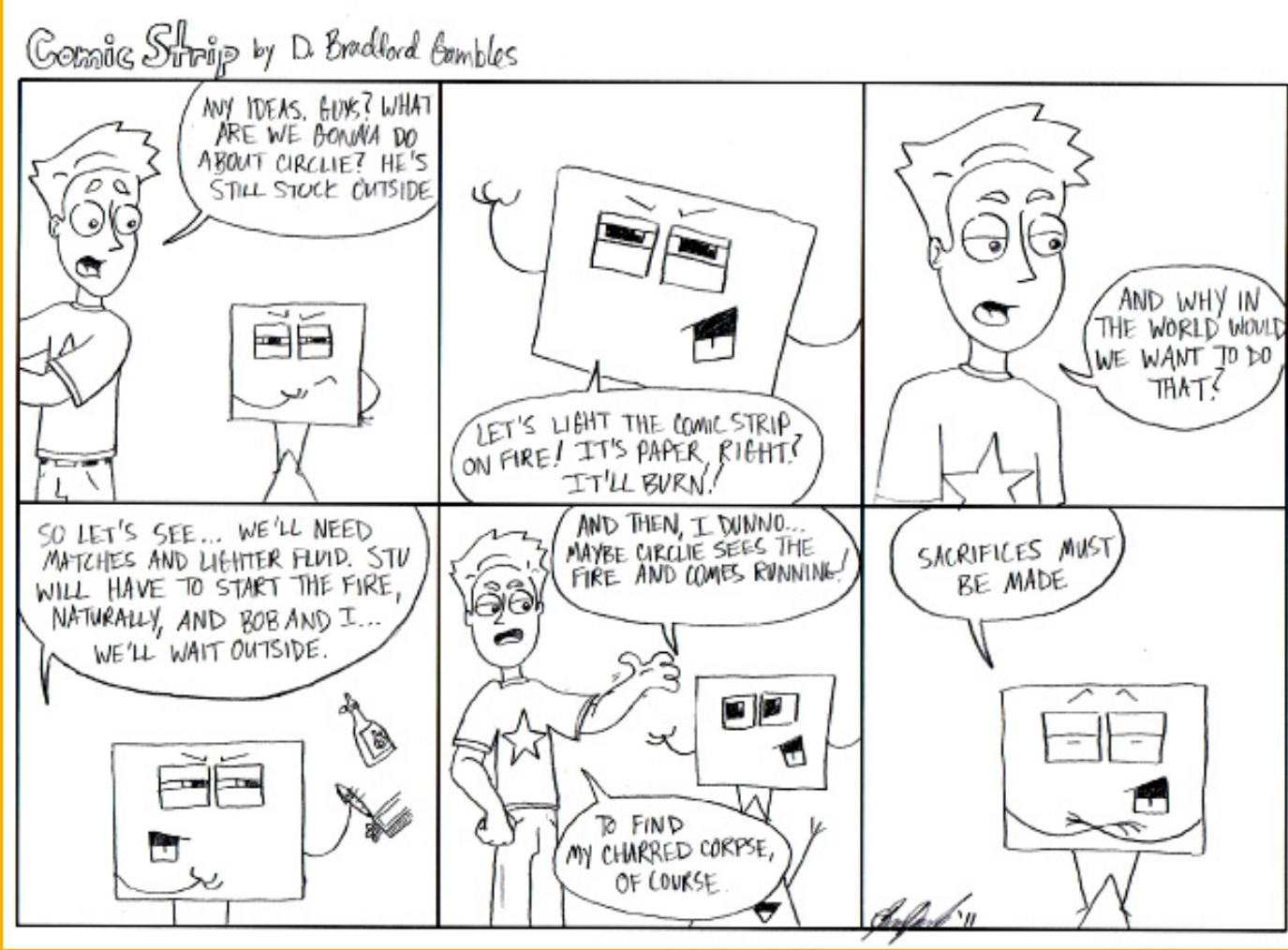
war with each other for no adequately explained reason and take turns pranking each other. The owners of the house hate each other as well, for the same unexplained reason, but the gnomes freeze in place whenever they come around, *Toy Story* style. The blue hat Gnomeo, voice of James McAvoy, runs into the red hat Juliet, voice of Emily Blunt - they

fall in love and it goes from there. The story is filled with a disturbing number of plot holes, which add to the destruction of the classic. The biggest is that *Gnomeo and Juliet* both have parents in the garden. My only question is do the owners of the house get confused when there gnomes start breeding and thus increase their

collection or does the entire gnome community have some sort of madness from having to live in the same back yard and just make up families? Another plot hole you can drive a lawnmower through is when Tybalt, voice of Jason Statham of all people, is smashed and killed. Afterwards it looks like Gnomeo is also smashed and the blue gnomes hold a little funeral for him. It's hinted in the movie that Gnomeo's father and Juliet's mother are smashed as well, and hence the gnome equivalent of dead. In the ending credits however, Tybalt shows back up dancing around, only glued back together. So if being smashed can be fixed with some glue, why does *Gnomeo and Juliet* both have dead parents, and why was it such a big deal when everyone thought they were dead in the end? There's a fine line between saying "It's a cartoon, just go with it" and just plain stupid.

A truly tragic part of the movie is manifested in a little ceramic deer on the red's side. He's just a minor character,

probably not even in the play, but he's voiced by Ozzy Osborne. The Prince of Darkness is playing a ceramic deer in a rip off hybrid of *Romeo and Juliet* and *Toy Story*. Now that's just sad. Patrick Stewart makes a cameo as a statue of Shakespeare and makes fun of the fact that they're doing Shakespeare, but he loses a lot of credibility as an actor since he started regular appearances in *American Dad*. The movie is supposed to be a children's movie but there just wasn't a lot of kids laughing in the theater at this one. Most of the cracks at the fact that it's Shakespeare go over a lot of the kids' heads, and there's even a strangely large amount of adult jokes sprinkled in, like a gnome wearing a man-kini. *The Lion King* retold *Hamlet* using subtlety and with an approachable adaptation. *Gnomeo and Juliet* just smashes the entire concept like a garden gnome dropped from a plane. *Gnomeo and Juliet* is rated G since nobody really dies, including the bad guy, and it's about as edgy as a soccer ball.



## Just Go with It

Continued from page A8

after a night of emotional connection gained through sex on a beach, they fall in love. Then Decker finds the wedding ring in his pocket and Sandler makes up a story about being in the middle of a divorce so that she stays with him. Decker then has what is probably one of the best ideas in the entire movie and asks to meet this terrible soon to

died horribly in a car accident so that Decker doesn't have to see them again. Another point of bad ideas is when they all decide to go on vacation to Hawaii, and Sandler's cousin, played by Nick Swardson, pretends to be Aniston's new lover, and for no reason whatsoever fakes a German accent. This just adds to the already spine-jarring fake British accent Aniston's daughter sports through most of the movie. As a final nail in the film's annoying coffin, Oscar winner Nicole Kidman makes a little cameo appearance as



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be ex. So Sandler convinces his office assistant, played by Jennifer Aniston to play the role. The *Seinfeld* theme continues throughout the movie as the characters pack lie upon lie on Decker. One of the more despicable moments is when Aniston lets it slip that she has kids, thus forcing Sandler to pretend that her kids are his. The kids are into playing along, but it's soon made obvious that they're already dealing with damage from their own abandoned father. The boy actually breaks down crying at one point about how his father is never there for them only for Sandler to chew him out later for breaking character and making him look bad. This is then shadowed when Sandler tells the kids that he's actually going to pretend that they

an old "frenemy" of Aniston. Sandler and Aniston then make up a whole new set of lies for Kidman to try and create some sort of *Three's Company* feel, but the film finally just collapses under its own weight and ends anti-climactically and predictable. One of the good things about the movie is that Sandler didn't drag his entire entourage of terrible actors along for the ride, as he does with most his movies. Though obviously it didn't do much to rescue the incredible wreck trying to call itself a plot. Just wait, next month the "Soup Nazi" episode will be done with Vin Diesel and Kathy Bates. *Just Go with It* is rated PG-13 for suggestive jokes and having to see Decker in a bikini and Swardson in his underwear.



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