

# THE GLOBE

WEDNESDAY  
JULY 13, 2011  
ISSUE 6/SUMMER'11

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## STUDY ABROAD

Photo courtesy of Study Abroad

## Program aims to help students see the world

**David Bell**  
Staff Reporter

Just like at any bigger school, Salt Lake Community College students will have the opportunity to study abroad in the spring of 2012, but preparations can begin now.

The program begins with an orientation that is actually three credit hour INTL (International) classes. In these classes, students will study the culture and listen to lectures about their chosen destination.

"These are Salt Lake Community College courses," Sandra Kikuchi, Director of Faculty Services and Study Abroad said.

SLCC study abroad student with seamstresses in Sa Pa, Vietnam.

The countries that students have to choose from are England, Japan, China, and Vietnam. The students will visit these countries for three weeks during spring semester, from May 5 to May 27. The program for traveling to Vietnam is somewhat different, as this class will travel for about two and a half weeks during the month of March. What the students will learn in the country that they visit depends on the syllabus created by the full time faculty member teaching each class.

There has to be a certain number of participants taking these classes and visiting the countries in order for a particular class to be held. For example there has to be a minimum of ten students taking the England study abroad class in order for the class to be held, with a maximum of fifteen students for this class. Depending on the year sometimes the study abroad class will be held with fewer students.

Students must meet certain

criteria to enroll in the classes. First, they must be registered as an SLCC student. Students must have at least a 2.0 grade point average, and any student wanting to go must be registered for the course.

Students will be required to do extensive walking, hill climbing, and deal with stairs. While in these countries the students will go out on excursions to experience the country, and then write a paper, or a reflection, on their experience of the outing.

The reason SLCC has the program is because a huge effort is being made to internationalize the school's curriculum, and for students to learn cultural competency.

"We want our students to be able to interact with diverse cultures other than our own," Kikuchi said.

The first things a student needs for this course is a \$500 deposit, an application, and then they must come in and show their passport.

Participants in the program must

be registered for INTL 2980 Study Abroad in order to go to England. To go to Japan participants must register for INTL 2990. The course number for China for spring 2012 is to be announced, and for the Vietnam trip, students have to be registered in NSG (Nursing) 1990, or NSG 2990.

The reason for the differences with the Vietnam trip in comparison with the others is that this trip is a humanitarian mission. Students will be working in cooperation with the Children of Peace International. The cost for each trip differs depending on where the student will go. England costs \$3,500, Japan costs \$2,950, China costs \$3,300, and Vietnam costs \$3,800.

Included in this cost are the round-trip airfare, lodging, and course related expenses. Other non-related expenses such as souvenirs and non-class related

*Abroad/Continued on page A3*

## Free massages and more

**Rachel Wright**  
Contributing Writer

Free massages are available to SLCC students. Students who are currently registered for classes at SLCC can receive a free, one hour massage per semester.

The Health and Wellness Services at SLCC has licensed massage therapists on staff. This massage is offered to all students who are coping with stress, dealing with sore muscles, or simply just want a free massage.

But that's not the only thing Health and Wellness Services offers. They also provide students with a medical clinic, counseling services and health education.

Tatiana Burton is Health Promotion Manager of the Health and Wellness Services.

"Most students are unaware of everything we offer [at Health and Wellness Services]. Our massage therapy is definitely the most popular, but not a great amount

*Massages/Continued on page A3*

## Health and Wellness Center offers free STI testing

**David Bell**  
Staff Reporter

As part of an ongoing campaign, the Health and Wellness Services clinic at the Taylorsville Redwood Campus offered free tests for Sexually Transmitted Infections (STIs) last Wednesday. The tests that are offered for free are for gonorrhea and chlamydia. Free testing for these STIs is available on the first Wednesday of every month at the Taylorsville Redwood Campus and the first Thursday of the month at the South City Campus.

Health and Wellness Services is able to perform these tests for free because part of each student's fees goes towards maintaining these services. Health and Wellness Services does offer these tests for students at other times for a \$5.00 charge.

"We are definitely helping students," Tatiana Burton, Health

Promotions Program Manager said. "It is definitely worth the time and money."

"I think it is a good thing we do," Danielle Hawk, Graphic Design student said. Hawk

About 10% of the students that come in for tests have their results come back positive. There is a 70% rate of people with these diseases that do not suffer from typical symptoms.

Wellness does offer free condoms to students.

The Health and Wellness Services clinic is located on the Taylorsville Redwood Campus in the Student Center, Room 035. Their hours are 8:00 a.m. to 5:00 p.m. Monday, Tuesday, and Thursday. On Wednesday they are open from 10:00 a.m. to 5:00 p.m., Friday, 8:00 a.m. to 4:30 p.m. At South City the clinic is located in W175. That office is open Tuesday and Thursday from 8:00 a.m. to 2:00 p.m. They are also located in the Jordan Campus in JHS 011. Their hours are 10:00 a.m. to 4:30 p.m. on Monday and Wednesday. These are posted hours for the summer semester.

Students can find out dates for testing during the school year on the Health and Wellness Services website, <http://www.slcc.edu/hw>. Health and Wellness Services also has a Facebook page.

### Health and Wellness Center

<http://www.slcc.edu/hw>

works in the Health and Wellness Services office.

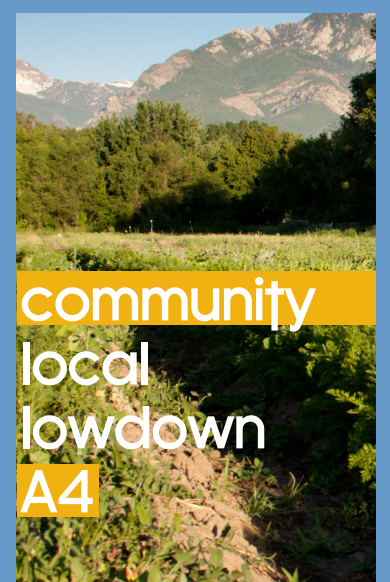
Not many students are aware that Health and Wellness Services performs these tests, although they do try to get the word out about their services to the students. They typically have between three and fifteen students come in for these tests on the "free" days.

"We've had quite a few people today," Hawk said.

Test results are usually returned to the office in a day or two. Students that test positive can come into Health and Wellness Services for treatment. The first visit is free, and then the cost is only \$10.00 per visit.

"We are here to answer any questions," Maralie Godeman, Health Promotions Specialist said.

In order to try and help combat the problem of STIs, Health and



community  
local  
lowdown  
A4



opinion  
catch the  
health  
disease  
A5



arts &  
entertainment  
superheroes  
in cinema  
part 3  
A7

# STUDENT EVENTS

WED/13

8am-Noon  
Session 3 Youth Summer Science Workshop @ TR Campus.

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

7pm-8pm  
Viva Vegetable Class: Green Beans @ West Jordan Library.

THURS/14

8am-Noon  
Session 3 Youth Summer Science Workshop @ TR Campus.

Noon-1pm  
Utah Virtual Academy Discovery Day @ The Living Planet Aquarium.

7pm-10pm  
Twilight Concert Series @ Pioneer Park.

7:30pm-10pm  
Ben Folds Concert @ The Great Saltair.

FRI/15

1pm-2pm  
Utah History Through Native Eyes: Learning About the NoocheW Ute People @ Anasazi State Park & Museum.

8pm-10pm  
Herman's Hermits starring Peter Noone @ Sandy City Amphitheater.

11pm  
Summer of 35mm 2011, Showing "The Godfather Part 2" @ Tower Theater 876 E. 900 S. SLC, UT.

SAT/16

8am-Noon  
Walk to Cure Psoriasis @ Sugarhouse Park.

10am-5pm  
Salt Lake City Art Fair @ The Gateway.

MON/18

8am-Noon  
Session 4 Youth Summer Science Workshop @ TR Campus.

7pm-10pm  
Days of 47 Rodeo @ Maverik Center.

8pm-9:30pm  
Mama's Temple Choir @ Utah Cultural Celebration Center.

TUE/19

8am-Noon  
Session 4 Youth Summer Science Workshop @ TR Campus.

5:30pm-6:30pm  
SLCC Tech Club Meeting @ TR Campus, Library, Lower Level Room 046.

7pm-8pm  
Store It Right: Food Storage Basics @ Talarville Library.

7pm-10pm  
Days of 47 Rodeo @ Maverik Center.

SUN/17

7pm-10pm  
Sharon Jones and the Dap Kings @ Red Butte Gardens.

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, July 19th.

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. 0608

Note: When this puzzle is done, connect the four V's with a square, the three K's with an upside-down L, and each K diagonally to the nearest V. Then draw a circle around the only X.

ACROSS

1 Temporary homes for refugees

6 Weekly reading for drs.

10 Wail

13 Scare slightly

14 "Sadly ..."

15 Supermodel Wek

17 \_\_\_ dish

18 Brewskis

19 The way the cookie crumbles

20 Cry heard at a 37-/40-Across

23 Philosopher Watts

24 New Deal inits.

25 French city with a 1598 edict

28 Colorado Springs's \_\_\_ Air Force Base

33 Galoot

34 Cuts

36 Let (up)

37 With 40-Across, casino fixture

39 Canterbury can

40 See 37-Across

41 Vatican tribunal

42 Six, at a 37-/40-Across

44 Spearheaded

45 Large-scale wickedness

47 Kitchen items that ding

49 2008 U.S. govt. bailout recipient

50 "Now I see!"

51 Cold, at a 37-/40-Across

59 Dudley's love in old cartoondom

60 Sprinkler attachment

61 Totaled

62 Roof's edge, often

63 Wilson of "Wedding Crashers"

64 Ailey of dance

65 Sidekick

66 Careful phrasing, perhaps

67 Hostess who inspired "Call Me Madam"

DOWN

1 Six of these make a fl. oz.

2 Olympic blade

3 Punishment for a teen, maybe

4 Clawed

5 Like some hot dogs

6 Husband of Medea

7 Grad

8 Fixed, as dinner

9 Proclaims

10 Refuge

11 Norway's patron saint

12 \_\_\_ noire

16 Boy toy?

21 Alternative to credit

22 Novelist Harper

25 Inlay material

26 Kitchen wear

27 "Super!"

28 Stockholder's substitute

29 Antidiscrimination agcy.

30 Expensive fur

31 Sir William who wrote "The Principles and Practice of Medicine"

32 "Pressing" things

35 Plenty

38 Euclidean geometry's \_\_\_ postulate

40 Laurence Sterne's "\_\_\_ Shandy"

42 Honcho

43 Olympians, e.g.: Abbr.

46 "O Sole \_\_\_"

48 Esprit de corps

50 Cut taker

51 Snake eye (as this completed puzzle depicts)

52 Tide type

53 Edison's middle name

54 Herbert Hoover's home state

55 Minute part of a minute: Abbr.

56 Mailers: Abbr.

57 Squabbling

58 Kind of coffee

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

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Massages

Continued from page A1

of students utilize it. We are really working hard to promote the health services this year,” said Burton.

In an informal survey of 20 students on the Taylorsville Redwood Campus, about 70 percent were not aware they could receive a massage from SLCC.

“Part of students’ fee money in tuition is paying for these health services. They should really take advantage of what we offer here,” Burton said.

Massage therapy is most popular at the Health and Wellness Services because, according to Burton, stress is the number one reason students come to the center. On top of massage therapy, the center teaches students how to manage stress.

Students who suffer from stress learn meditation skills, deep breathing techniques and

coping mechanisms. Licensed counselors help teach students how to avoid the stressors in their life or change their situations.

Counseling services for students are available free of charge for the first visit and only \$10 per session after that. Burton explained that the counselors at the center are available to students for any reason and can talk about anything that they need, even if it isn’t school related.

“People tend to think that those who go to counseling have some sort of a mental health problem. We are trying to debunk that myth. [Students] are not crazy or mentally ill if they want counseling. It is good to get whatever is bothering you out and become emotionally aware,” said Burton.

When life’s stressors and emotions become overwhelming and start to affect functioning at work, home, or school, students should consider seeing a

counselor.

According to Burton, a very common cause of stress among students is procrastination. The Health and Wellness Services teaches students time management skills and how to prioritize in order to help overcome this.

“It’s important for students to have a planned schedule and follow it,” said Burton

Marsha Pabalís, a fine arts and life wellness professor at SLCC, agrees that organization is crucial.

“The number one thing is organization. Get a schedule, keep up with it and plan ahead of time,” said Pabalís. “Things go wrong sometimes and that’s where I see most people drop out or not have a good semester. Organization is honestly the most important thing.”

However, that doesn’t mean students should keep a full schedule all of the time. Both Pabalís and Burton stress the importance of students needing to take personal time.

“Make time to socialize and plan some fun,” Pabalís said, “The fun factor is essential.”

“Always remember to take time for yourselves,” said Burton.

Another common reason that students seek information from the Health and Wellness Services is to learn how to eat healthier.

“We see many students who want to eat healthier, be more active or quit smoking,” Burton said. “We provide recipes to students that are both healthy and affordable. We also have a blog on healthy eating and a workshop series will start in the fall here for students to learn more about healthy living.”

Pabalís explained that it helps if students plan and prepare their meals in advance.

“Buy food that is easy to make, but still healthy. Beans, brown rice, asparagus or any foods that are in season are good,” said Pabalís, “Prepare food when you get home and

put it in an air tight container so it’s ready when you’re hungry.”

Pabalís tells her students to always carry a water bottle with them, along with healthy snacks like walnuts, almonds or fruit.

“If you have healthy snacks throughout the day, you will be most likely to make better dinner choices once you get home,” said Pabalís, “This also keeps your metabolism up.”

Students can learn more about eating well and overcoming stress at the Health and Wellness Services. Pamphlets are also available at the center concerning everything from physical exercise to anxiety to sexual violence. Go to <http://www.slcc.edu/hw> for more information.

“[Students should] come to Health and Wellness Services. It’s so friendly and the first visit is free. We are really affordable and can help with anything,” said Burton.

Abroad

Continued from page A1

traveling expenses are not included in the overall price.

“I have made a huge effort to make the trips as cost effective as possible,” Kikuchi said.

For more information go to <http://www.slcc/studyabroad/index.asp> or contact Sandra Kikuchi at [sandra.kikuchi@slcc.edu](mailto:sandra.kikuchi@slcc.edu) or call 801-957-4593. The Study Abroad office is located in CT 258 at the Taylorsville Redwood Campus.



COMMUNITY

community.globe@slcc.edu

Utah in the middle of presidential election

Cameron Alvey  
Contributing Writer

The US presidential election is nearing and a spark has begun to ignite among many Salt Lake Community College students. For the first time in recent history Utah will have two candidates competing for the republican party nomination for president.

Mitt Romney, former CEO of the Salt Lake Organizing Committee and Jon Huntsman, former Utah Governor have both submitted their names for the republican nomination.

Utah GOP Chairman Thomas Wright told the Salt Lake Tribune, “I think it’s very exciting for Utah republicans to have two front running candidates for president,” Wright said. “I mean it’s rare for Utah to be in the center of a presidential election, and this year we’re right in the middle of it. ... They’re going to be competing for the same supporters in Utah because they have strong ties to Utah, and I think it will be interesting to see where some of those supporters go.”

According to many Salt Lake Community College students the support is spread evenly between both

candidates.

“My vote today would be for Romney,” SLCC student Taylor Byington said. “I think he’s perfect for our country right now. His business is fixing a bad business and nothing needs more fixing today than the United States and its economy.”

While Byington feels Romney is the right choice others feel Huntsman is a better one.

“During his term as Governor he did a lot for the state and I think he could do the same for America as a whole,” Jaxon Keller, another SLCC student said.

Not only are the republican candidates Romney and Huntsman sparking voters interest in the state, they also are bringing notoriety to Utah as a place for politics.

Eric Morely a SLCC student and political enthusiast said, “I myself want to get into politics someday. It is motivating to see Utah politicians recognized on a national level, it helps me believe I can one day be in their shoes.”

When asked if having candidates from Utah made a difference in his interest in the election, Morley said, “It absolutely

makes a difference to me. In elections past I haven’t known much of the candidates background. I learned about them through various media outlets, but having candidates close to home has really given me a new perspective. It’s almost like I know these men.”

Mitt Romney and Jon Huntsman both have close ties to the state of Utah. Most notable, both men are of LDS faith, the same religion for a large majority of Utah citizens.

Along with his faith, Romney may be best remembered for his role in the 2002 Salt Lake Winter Olympics. As CEO of the Salt Lake Organizing Committee, Romney was responsible for turning the sporting event into a huge business success.

Huntsman, who was recently called by *TIME* magazine “the potential republican candidate democrats most fear” was the 16th Governor of Utah and during his term Utah citizens enjoyed the largest tax cuts in the states history.

While many in the state are divided on whom they pledge support to, some refuse to pledge support to either candidate.

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COMMUNITY

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Local Lowdown

It's all green here

Andy Bork/Staff Reporter

When the going got tough, the Bells’ dug deep and went back to their roots cultivating the land. David and Jill have been running Bell Organic, a local organic farm for the last ten years for area restaurants and produce suppliers. Now, they added a CSA (Community Supported Agriculture) to their plate.

For an upfront fee, customers can purchase a share of fresh, local produce and pick it up each week at several convenient locations throughout the valley and Park City. Buying a share ahead of time not only commits you to eating loads of fresh organic delicious vegetables, it gives the Bells’ and their crew of volunteers ample time to plan, plant and harvest - so nothing goes to waste.

Shares are full of weekly variety - from the common names to something new to try. The summer share is in full swing and includes: beans, beets, broccoli, cabbage, carrots, celery, corn, cucumbers, eggplant, arugula, Asian greens, mustard greens, kale, kohlrabi, garlic, shallots, onions, heirloom tomatoes, lettuce, peas, peppers, potatoes, pumpkins, radishes, spinach, summer squash, winter squash and Swiss chard.

Interested in local fruit, free range eggs, grass fed beef, chicken or local made cheeses? Bell Organic can do that, too. In partnership with other local growers, ranchers and farmers, other varieties of shares can be added to a vegetable share, yet still picked up at one convenient location. The Bells even have a storage share option and a canning and freezing class to help customers get as much shelf life as possible.

David features video clips regarding the content of weekly pickups so you can identify what you have and how to process it for later. Jill posts creative, healthy recipes on the blog.

It’s not too late to get in on the action. Bell Organic just added the mid-season summer share. For \$225, customers receive nine weeks of a two-person share starting Aug. 15 to mid October. Visit bellorganic.com and reserve a share today.



Photos by Andy Bork

Bell Organic’s broccoli will be ready for harvest in another week or two.



Above: The Sandy field is one of many that Bell Organic manages from start to finish each year. Weeding is a fun extracurricular activity and they are always looking for volunteers.



Right: Cherry tomatoes ripening at Bell Organic prior to next week’s pick up.

Insight

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OPINION

opinion.globe@slcc.edu

Emotions overruled by court system

Jason Davies  
Contributing Writer

On July 5, 2011 the verdict read not guilty and outcries were heard all around the world. Casey Anthony, a 25-year-old woman was found not guilty on charges of first-degree murder of her two-year-old daughter Caylee Anthony. The big question is did the jury get it right or was the jury wrong and an alleged murderer walks free?

“The court system here in America is not correct every single time. Sometimes, the verdict is correct and the bad guy is sent to prison with justice being served. Other times a free and innocent person is locked away for life having done nothing wrong. In this case, a ‘guilty’ woman is not going to receive the punishment she should,” said Blake Tracy an SLCC

student who has followed the trail since it began a month ago

What does this particular trial do to the American view of the court system? As the news of the not guilty verdict hit the mainstream media, almost immediately the shock and disbelief of the public was heard

KSL TV Facebook page posted the news around noon and within the hour the page was overloaded with people’s disagreeing comments. One viewer posted, “Casey Anthony is guilty and always will be. It is terrible to see that her daughter received no justice.” Another post read, “Why have the court system if it doesn’t even work?” CNN reported this trial as the ‘world-wide soap opera,’ giving the media a lot of blame for all the viewer emotion involved with this trial

An informal poll of 30 SLCC students who knew about the trial were asked if they thought Casey Anthony was guilty? 24 students said yes she is guilty while six students said no, the jury got it right. With so many people disagreeing about the verdict, a lot questions are now aimed at the jury.

With America’s court system seeing hundreds of court cases each year for murder trials, juries are deciding the outcome for all of these trials.

Ordinary people are randomly selected from a registered voters list from the city in which they live in to be on the jury. The jury is who decides the fate of the person on trial based on the evidence provided. It is made up of only a dozen people who come from all different backgrounds and upbringings.

“To be on the jury of the Casey Anthony trial would have been extremely hard for me personally. I have a two-year-old son and he is all I would think about, so I don’t know what I would do about hiding my emotions,” Tracy said.

With all the attention given to this trial and with a lot of people voicing their disagreement and feelings about the outcome, are people now going to

question the court system even more?

“I think that the court system is fine. I mean there is nothing that suggests that something wrong was done by the jury. The jury was presented with all the evidence in the trial and they made their decision, which as a mother of two, I am sure was a long and hard process,” Jamie Richards said, a local resident who has also

followed the Anthony trial.

She went on to say that if we were to try and change the court system, we might end up putting more innocent people in jail.

All in all, no one will truly ever know what happened to Caylee Anthony. But one thing is for certain, Casey Anthony was put through a fair court system that has worked for over one hundred years, and was found not guilty.

THE GLOBE

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The *Philosophy* of

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# Smart phone options

Patrick Cassell  
Guest Columnist

Four years ago, Apple’s introduction of the iPhone raised the bar of what can be done with a mobile phone. Since that time, phones have become serious platforms for mobile web surfing, email, messaging and various applications, known as apps. This overview will survey what is available from the major players. Since smart phones are mostly defined by their software, phones and their mobile operating systems that are popular in the United States will be emphasized.

**Apple/iOS:**  
The current iPhone 4 runs on iOS and has changed the way phones are made, with other companies imitating the phone and iOS. The original iPhone and iPhone OS were like a reset button on the leading edge of mobile phone technology. Apple rarely is the first to move into a new field of technology, but is often the one to redefine the standard of quality that customers come to expect. iOS 5 is scheduled for release in the fall.

**Google/Android:**  
While the Android mobile operating system is technically under the control of the Open Handset Alliance, Google exercises a large degree of control of the direction and development of Android. That control has also been tightened recently with regard to the “honeycomb” 3.0 and future versions. Android is offered on phones from several companies and is less curated than iOS. It is easier to install unapproved apps, which does open the door to the possibility of acquiring malicious ones. Android is a more “wild west” option and is less mainstream. Some of its devotees include geeks and hackers of various stripes.

**HP/webOS:**  
When HP acquired Palm they also acquired the webOS operating system. They currently offer the Pre 3 and Veer smart phones. While HP’s offerings only make up a small portion of the smartphone market they offer some innovative features such as built-in cordless induction battery charging.

**Microsoft/Windows Phone:**  
Not to be left out of any major consumer technology market, Microsoft enters the the smart phone fray with Windows Phone 7. They market the Windows Phone as a way to use your phone quickly and get back to what you were doing instead of having your eyes “glued” to your phone for hours. Windows Phone is also available on handsets from various companies. Some technology pundits with hands-on experience see Windows Phone 7 as innovative and competitive. A new version of Windows Phone with new features, code named “Mango,” is on the way this fall.

Catch the **HEALTH DISEASE**

# The skinny on obesity

Amelia Corey  
Staff Columnist

America is obsessed with being skinny, so it is kind of ironic that it is the most obese nation in the world. According to the Get America Fit Foundation, obesity is the number two preventable cause of death in America.

There are a lot of reasons why America is the most obese nation. A lot of it has to do with our lifestyles, including our love for fast food, soda, and television. Think of all the money we spend on fast food every year since it’s convenient. There is not a single week that goes by that I don’t eat out at some fast food restaurant.

I noticed this began when I started working full time and didn’t have time, or was too tired to cook. Planning out your meals and making one trip to the store each week to get all of the ingredients (including perishables) for your meals will help prompt you to stop eating out, and will save you money.

As Americans, if we ever do anything, we do it all

the way, including eating, fighting wars, and spending money. Luckily enough, we also live in a world of information, including the knowledge of what obesity is and some tips on how to beat it.

Obesity is simply defined as being overweight, normally in context to your Body Mass Index (BMI). Finding your BMI is difficult. Not. In order to calculate your BMI, you simply need to know how tall you are and how much you weigh.

I am 5’3 and weigh 130 lbs. (I’m a girl and I’m more than comfortable telling a bunch of strangers my weight). According to the BMI, I’m in the normal weight range with a BMI of 23. There are four ranges altogether: underweight, normal, overweight, and obese. One is classified as obese when their BMI reaches 30.

The BMI isn’t perfect and can’t tell you exactly where you should be at for your body mass since everyone is different, but it’s fantastic to know what range you’re in so if you want a change, you can find a target BMI.

One big factor in the

road to successful weight loss is to stop drinking carbonated and sugary drinks. Try replacing them with something that you still enjoy tasting, but is zero calories. When I was trying to quit Mountain Dew, I replaced it with grape Gatorade and slowly worked to just plain old water. When you think you’re hungry, try drinking a glass of water first. The brain gets confused sometimes when it is trying to send you signals that it is thirsty.

When watching television, try to do some form of exercise during commercials or opening/closing credits. The most typical exercises like sit-ups and push-ups are the most popular for a reason. They work the best.

Finally, the best tip I can give anyone is that everyone has to start somewhere. Don’t get frustrated, get motivated. If Jennifer Aniston ate and exercised like I do, she would have my body too. The moral of this story is to get your BMI and to start the exercise routine somewhere.



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# Zookeeper, a sin against nature

Joseph Meyere  
Arts Reporter

In a world where so many movie plotlines have all been done a million times, maybe now is a good time to start experimenting with mixing some of these ideas together to see if they can be revitalized into new and interesting concepts. The problem with experimenting of course is that it doesn’t always work and sometimes the results have to be destroyed before they start rampaging through the city. *Zookeeper* is an experiment Dr. Frankenstein would be proud of.

*Zookeeper* is an unhappy marriage between the romantic comedy formula of “person A likes person B but is nothing like person B so they use person C to get person B, but then person A and C fall in love,” and the family movie gimmick of “All the animals in the zoo can talk and have personalities.” Griffin Keyes (Kevin James, *The Dilemma*) plays person A, the head zookeeper of a city zoo. He was dumped

by person B ,Stephanie (Leslie Bibb, *Iron Man 2*), a prissy society girl who wants James to become the man of her dreams. Person C is a veterinarian who works at the zoo with James named Kate (Rosario Dawson, *Unstoppable*). Dawson is joined by the animals in the zoo in helping James and Bibb get together and teach James self-confidence.

The issue with the film is that the two genres just didn’t blend well throughout the film. The talking zoo animals teach James how to attract a mate in the wild, so part of the humor is the whole “Animals do things differently than people.” This is done through a lot of physical comedy on James’ part, which isn’t too bad considering he looks and acts like Lou Costello, but it doesn’t really fit with the overall plot that well. The gorilla, Bernie (Nick Nolte, *Arthur*) has an interesting subplot involving another zookeeper and animal abuse, but it’s buried beneath the romantic comedy.

The other half of the beast is the romance thing between James, Bibb

and Dawson. One of the issues here is the fact that Bibb is almost completely unlikable. She comes across as a pretentious socialite with nothing

more to her personality than a fake smile and terrible commitment issues. The nice thing though is the relationship between James and

Dawson. It seems that Dawson can form chemistry with anyone she acts with. She is definitely an actress to watch in the future, hopefully after she

busts away from this kind of drivel.  
The romantic comedy

*Zookeeper!*  
Continued on **page A6**

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**Stephen Romney**  
Arts Reporter

Many of us were intrigued when we first saw the trailer for *Horrible Bosses*. However, the story itself is nothing new, something the film itself even pointed out with references to Hitchcock's *Strangers on a Train* and the Billy Crystal film, *Throw Momma from the Train*. Combine that with a group reminiscent of The Hangover's Rat Pack and some of the most outrageous bosses in existence, and you have the formula for a successful comedy.

The basic story follows three men, Nick (Jason Bateman), Dale (Charlie Day) and Kurt (Jason Sudeikis) who each are having problems with their bosses, an egomaniacal company president (Kevin Spacey), a nymphomaniacal dentist (Jennifer Aniston) and a coke-addicted heir to a chemical company (Colin Farrell). Fed up with the bosses, they decided to improve their lives by ending theirs.

This film not only satirizes the murder plot comedy, but also satirizes various things we deal with in our daily lives. One of the most notable satires comes from a jab

at both OnStar and the outsourcing of jobs to India in a minor subplot that pays off in the end.

The pacing of this film doesn't follow the normal three-act structure common in most American films, but instead follows a more episodic structure. This mostly comes from the fact that there are three stories playing out at once; since the separate bosses seldom interact with one another throughout the story, save for one critical scene.

One thing that I noticed is that the film wasn't limited to one type of humor, but had a unique blend of crude

humor, intelligent humor and the more subtle conversational humor. In addition to that, this also held a constant comic flow that wasn't interrupted by an out of place dramatic sequence.

This film also seemed to hybridize different styles of cinematic storytelling. It opens and closes with an *Office*-styled opening with narrations from the three main characters and then it takes shots and setups from murder mystery films that served as inspiration. It even takes on a Tarantino-esque quality with the more relaxed banter between characters.

The performances in

this film were also well done, particularly the performances from the bosses. Colin Farrell's performance as an insane drug addict feels incredibly natural that it seems almost improvised. The same thing can be said about Aniston performance, given that the character is one you rarely see women play. The performance of the

main characters also feels natural, giving off the same improvised feel. My favorite performance would have to have come from Charlie Day, who feels like the embodiment of the term, nerd rage.

Overall, this film is the kind of comedy that even the more prudish moviegoer will find enjoyment. I don't normally enjoy adult

comedies due to the common over-saturation of crude humor, but as I mentioned earlier, this film features a nice blend of both crude and intellectual humor. The performances are enjoyable and make the ticket prices worth it for that alone. On my rating scale, this film gets a 5/5 - an enjoyable, one-of-a-kind, adult comedy.



Courtesy of New Line Cinema



Courtesy of New Line Cinema

# Zookeeper

Continued from page A5

and animal talking sides  
could've made two  
mediocre movies but  
together it almost does  
feel like watching two  
mediocre movies, only  
where every five minutes

someone swaps the DVDs. They just don't blend in any way to make it feel like one complete story and it turns the whole thing into an incoherent mess. Another weird thing is that it's hard to tell who this film was made for in the first place. The talking animals seem to be a little more adult than should be

in a children's movie and the whole romance thing is definitely too adult for children to really get what's going on. At the same time it all feels so juvenile that it's hard to say if it appeals to adults. Maybe it's supposed to appeal to zoo animals.

*Zookeeper* is rated PG.



Courtesy of Sony Pictures



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PUZZLE ON PAGE 2

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Not all Disney engagements are romantic.

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Superheroes in Cinema

Part 3: Across the pond and beyond

Stephen Romney  
Arts Reporter

In parts 1 and 2, I went into great detail about the history of American superhero cinema. However, the genre isn't exclusive to the United States. This week, we're going to take a look at superheroes from around the world, some of whom have continuities that rival that of Marvel and DC.

Imitations and Innovations:

The number of superheroines in comics today can rival the population of most major US cities; an early forerunner actually originated in the Philippines. In 1947, the superheroine Varga made her appearance in *Bulaklak Magazine*. Due to creative differences with

the editors of the magazine, the creator, Filipino cartoonist/writer Mars Ravelo, changed her name to Darna and re-launched her in *Pilipino Comics* on May 13, 1950. She is the first solo superheroine to get her own feature length film, which was released in 1951. Her superpowers are, by today's standards, typical superhero faire, but much like Superman, she is a cultural mainstay in the Philippines.

European countries were not far behind the US when superheroes began to become popular, particularly in France and Great Britain. However, unlike most US superheroes, many made their debut, and stayed, within the pages of anthology magazines, the most notable one being Britain's *2000AD*

well known for its *Judge Dredd* series.

Most of these anthologies, particularly in France, served the purpose of distributing American superheroes to these foreign audiences. Capitalizing on that popularity, the people behind those anthologies began producing their own heroes alongside them. Here we get heroes like Marvelman, known as Mircaleman in the US for copyright reasons, and Photonik, a French creation that ran along side translated Marvel stories.

As time passed, more and more countries began to produce their own comics. In the mid 70s, before the debut of Marvel's Canadian super team, *Alpha Flight*, Canada saw the debut of *Captain Canuck* in 1975. *Canuck*

is best described as a cross between Captain America and Flash Gordon as he was an agent in the Canadian Secret Intelligence Service in the then futuristic world of 1993. He is often confused with Guardian, the leader of *Alpha Flight*, due to their similar designs.

The late 70s and early 80s saw the debut of superheroes in southwest Asian countries, most notably heroes like Cat Claw, Serbia's answer to Spider-Man, as well as the founding of *Raj Comics* in India, which produces heroes with Hindu-based ideas of morality such as *Super Commando Dhruva*. There were also Indian superhero films such as *Mr. India* and *Krrish*, the latter being one of India's highest grossing films. This was followed by the founding of AK Comics in Egypt in 2004, bringing more original characters to the Middle East.

Japan is the only nation that rivals the United States in the production of superhero fiction, among many other things that Japan is known for, particularly in the field of animation and sequential art. In the books, *Understanding Comics and Making Comics*, the author, Scott McCloud goes into detail about how comics in Japan developed in relative isolation. The same statement can also be applied to the development of superheroes in the region, which is why the first Japanese superhero emerged in such an unorthodox manner.

In 1930, before the medium of the comic book even took off in the United States, writer Ichiro Suzuki and illustrator Takeo Nagamatsu created the character Golden Bat. However, the character didn't debut in the pages of a comic book, but in panels of a "kamishibai", meaning "paper drama" in Japanese. A "kamishibai" is a traveling show in which a sequence of pictures is shown to the audience while accompanied by a narrator. Even when the art form began to lose popularity, the character remained popular long enough to make the transition



Courtesy of Toei Animation  
The entire cast of characters for the anime series *Sailor Moon*.



Courtesy of Filmkraft Productions  
Theatrical poster for *Krrish*, one of India's few celluloid heroes.



Courtesy of Toei Co, Ltd  
Promotional picture for *Samurai Sentai Shinkenger*, the basis for the current series, *Power Rangers: Samurai*.



Courtesy of Toei Co, Ltd  
*Kamen Rider Black RX*. Brought over to the US in the series *Masked Rider* by Saban.

into printed and animated form. Although the impact of *Golden Bat* was great, it was until the 1950s when superheroes in Japan began to emerge en masse.

Live action and drawn superheroes developed simultaneously in Japan. The success of characters such as *Astro Boy* and the success of the kaiju (monster) films produced by Toho paved the way for characters such as the Science Ninja Team *Gatchman*, as well as the *Kamen Rider* and *Super Sentai* franchises, the latter being the series on which *Power Rangers* is based.

It is interesting to examine the stark differences between

Japanese and American superheroes both in their appearance and in how they are written. While superheroes in the US wear capes and masks, most of the early heroes in Japan wear scarves and helmets, if the heroes are human. While US heroes are usually written for one demographic, certain Japanese heroes seek to appeal to numerous demographics. The most notable examples from both sides would be DC's *Wonder Woman*, which tends to be on the same level of violence as most male superheroes,

Part 3/  
Continued on page A8

"STRANDED!" Part 2 by C.A. Trahan

\* Translated from Vulture\*ese

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A photograph of Maria Kardon, a woman with dark hair, smiling and wearing a black jacket over a striped scarf. She is standing in what appears to be a hallway or office setting.

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**Part 3**  
*Continued from page A7*

and *Sailor Moon*, which is far more light-hearted and “girly” by comparison.

**What it all boils down to:**

In the end, no matter where these heroes come from, and whether they are made for the purpose of merchandising or legitimate story-telling, superheroes still serve their purpose of demonstrating values we uphold within our society as a whole. All together, they comprise a grand mythology that posterity will look upon and use for further inspiration like we have the ancient myths of our ancestors. Whether they suit up in a phone booth or transform on the spot, these champions of justice will continue to embody the values of truth, justice, hope and goodwill towards our fellow man.


For a more detailed analysis of Japan’s superhero history, please visit The Globe’s new website, [www.globeslcc.com](http://www.globeslcc.com).



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a cost you can  
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A black and white portrait of Michael O. Leavitt, a middle-aged man with short hair, wearing a suit and tie, smiling.

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