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Photo by Shad Engkilterra

Canadian group treats SLCC to enjoyable concert

Shad Engkilterra

Staff Reporter

Monday, April 16 was a delight when in the company of the Good Lovelies, a trio of friendly JUNO-award winning ladies from Canada as they shared their music and enthusiasm with Salt Lake Community College students.

The concert was the culminating event of a day of songwriting via their afternoon showcase, as the loose energy was an extension of

what had been crafted through an already creative day.

"There's something about getting people in the room that are really energized by what they do...you can really feel it," said group member Caroline Brooks about the showcase earlier in the day.

Apparently the crowd that night was feeling it as well, as it joined in for chorus sing-alongs and clapping. "Nothing will sink our smiles," a line from their song "Made For Rain," epitomized the

The Good Lovelies sing at SLCC.

performance and the evening.

The Good Lovelies have an enthusiastic folk-style sound reminiscent of Jewel early in her career mixed with the trio-performer setup of Wilson Phillips with a dash of Fleetwood Mac thrown into the mix. Still, the overall feel was singular to them alone. You could say that they had an almost "skip and twirl" rhythm to their music, existing in the roll of lyrics and the harmony of three sweet voices blended together.

It's was hard not to like lines such as, "Bicycles are made for rain, one hand on the handlebars, one on my umbrella," from "Made For Rain," or "Kiss me in the kitchen and take me to bed, there's lots to

do but I would have you instead," from "Kiss Me In the Kitchen." There was also a clear call-out to the audience through alternating humor or poetry-lined snapshots of home to visit north of the United States border.

Sharing their stories and their style didn't stop the Good Lovelies from breaking out into tunes from their childhood, a 1940's sister act-style vocalization and a pleasant cover of Bruce Springsteen, not to mention sharing tales of their travels and the differences between the States and their hometown in Toronto, Canada.

To hear music by the Good Lovelies, or to learn more about them, visit their website www.globeslcc.com.

Good Lovelies share songwriting tips with students

Shad Engkilterra

Staff Reporter

On April 16, the Canadian group Good Lovelies gave a songwriting workshop for students in the Student Events Center on the Taylorsville Redwood Campus in advance of the group's evening concert.

The group talked about their own styles of writing music, what it takes to write songs and gave students tips to help with songwriting.

"There's so many different ways to approach songwriting," said group member Sue Passmore.

Caroline Brooks grew up in a family that was supportive of her music. Her mother and father said that they had children so they didn't have to hire backup singers.

"There was this great spirit of 'Nothing was crap,'" Brooks said.

Kerri Ough composes best in a room by herself with a guitar and she dubbed her style as "very home-based."

Lovelies/ continued on page A4

Mayor Corroon talks about a career in politics

Shad Engkilterra

Staff Reporter

Salt Lake County Mayor Peter Corroon visited Salt Lake Community College's South City Campus on Wednesday, April 11. The Multicultural Career Advancement Program (MCAP) hosted Corroon as part of its series of speakers who work in jobs that students may be interested in.

Corroon spoke about how to get into politics and what it is like to be Salt Lake County Mayor. After his wife got pregnant with their first child, the couple went to multiple childcare facilities to get on their waiting lists, but it proved to be fruitless. Peter Corroon went to the legislature to testify about the lack of childcare available in the Salt Lake area and wound up serving on a committee concerning the issue.

"The most important thing for any career is education," Corroon said. "The most important thing about education is to teach you how to think critically."

He had a failed bid for Salt Lake City Council coming in seventh out of eight candidates. Corroon was later recruited to run for Salt Lake County mayor and won

when his opponent was indicted. He won a second term with 65 percent of the vote.

Corroon said that there was a heavy time commitment at the beginning of his service as mayor. He was working about 80 hours a week. It was also difficult to adjust to "living in the fish bowl."

"My number one job is to know what is going on in the

community," Corroon said. To aid in this process, he reads the "Salt Lake Tribune," the "Deseret News" and other local papers every day.

Those interested in a career in politics should know Utah's delegate system if they are interested in county or state positions. Corroon also suggested volunteering for political

campaigns and getting involved in the community. This will help with name recognition.

Some of the benefits that Corroon has experienced during his career include being able to shape the future of the community, building the largest net zero building in the state and having a no-kill animal shelter.

"I get to meet a lot of wonderful people," Corroon said.

He has also faced challenges, including trying to budget county money for organizations that demand five to six times more money than there is available.

"I have to decide what money goes where," Corroon said. "I can't do everything for everybody." While he said he can't make everyone happy, he feels that he has done his job if a situation is improved.

The decision making process that Corroon uses is inclusive.

"I listen to as many people as I can before I make my decision," he said. "Education is the key to most things."

Corroon is in his last year as mayor. He is looking to move into the private sector.

"I love public service, but I hate politics," he said. "Politics is a dirty, dirty game. You have to have a tough hide."

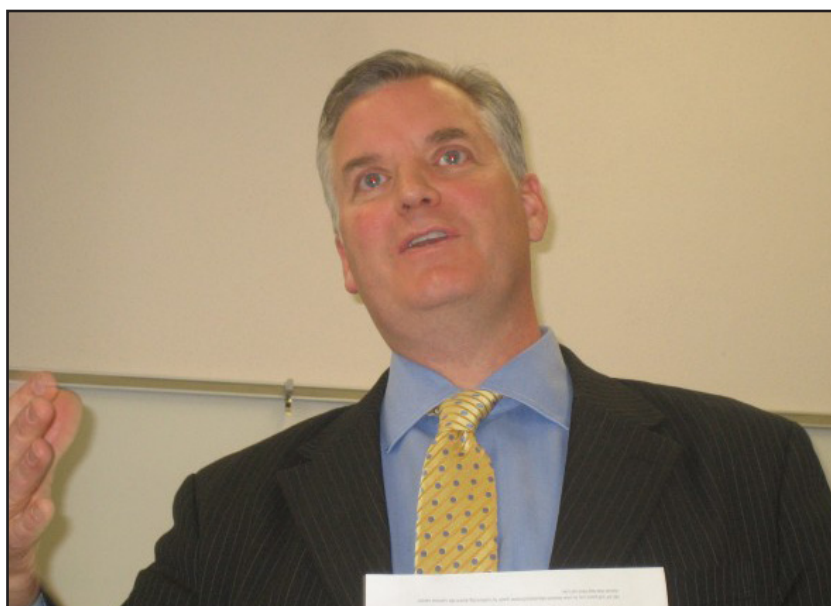


Photo by Shad Engkilterra

Salt Lake County Mayor Peter Corroon recently spoke to Salt Lake Community College students about his career in politics and how he became mayor.



CAMPUS

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Future of Fashion Institute grads looks great

Kachina Choate
Contributing Writer

In the ever-changing world of fashion, Salt Lake Community College is up to date with the latest trends. The SLCC Fashion Institute offers three degrees in fashion and the teachers are experienced in working professionally. Graduates of the program have gone on to make their mark in the fashion industry.

“I chose SLCC for my education because it was closest to my home,” said Teresa Spas, owner of Tissu Fine Fabrics and Design Gallery and graduate of SLCC Fashion Institute. “I was very impressed with the breadth of the program and then made arrangements to start classes.”

SLCC has had a fashion program for many years. It started out as just a few

classes with about six students. With the school’s acquisition of Library Square, the Fashion Institute has grown in the last six years to about 200 students and offers Associate of Applied Science degrees in Fashion Design, Fashion Merchandising and Technical Apparel Design.

“I valued my time there and was inspired by my teachers,” designer Elaina Smith, a graduate of SLCC Fashion Institute said in an email. “They not only taught me the craft, but also what type of person I wanted to be in the industry—an individual of integrity and humility.”

According to Fashion Program Coordinator Mojdeh Sakaki, 90 percent of the students who complete the Fashion Institute program become entrepreneurs.

“SLCC helped me gain experience and confidence in my skills and knowledge needed to open shop,” Spas said.

For students who just want to get their name out to the designing fashion world, SLCC Fashion Institute can be a stepping stone to receiving a higher degree at Fashion Institute of Design and Merchandising (FDIM) in California or New York City Fashion Institute of Technology (FIT).

“We have one student who transferred to Paris, [France]. He did one year here and was accepted as a second year student in Paris, which is the number one fashion school in the world,” Sakaki said.

With so many movies and theater and production companies coming to Utah to create their art, fashion designers, costume makers

and seamstresses are in need.

“Sometimes I just `don’t know how the students to fill all the jobs that people are looking to supply their needs in the industry,” Sakaki said.

In an effort to help students get the training and qualifications needed for positions of responsibility in the fashion industry, SLCC Fashion Institute and the Fashion Club hold several activities every year, including Fashion Week which this year is from April 16-20.

The Fashion Institute is also the home of one of the largest donated clothing collections in the country. It includes everything from 14th century lace to 20th century Chanel and has 1600 pieces of fashion available for students to study, see and touch.

Students who are graduating from the Fashion Institute participate in Raw Couture Fashion Show during Fashion Week. This year’s event was held on Tuesday, April 17 at the Rose Wagner Theater. The theme was based on antique fast cars. Students created a collection of five to seven pieces. They designed the concept, illustrated the clothing designs and created them.

Sakaki said that the program is not just for fashion students. They

also have elective classes for any SLCC student. Elective classes include millinery, which is the art of hat making. It is the only college-level millinery class in the country.

On Friday, April 20 as part of Fashion Week, the Fashion Institute is offering campus tours, design workshops, Project Catwalk and question and answer sessions with industry professionals.

For more information about the fashion Institute

Sports Update

Kate Nygaard
Contributing Writer

BASEBALL

The 7th-ranked Bruins took two games from Colorado Northwestern 3-2 and 9-1 on Thursday.

AJ Carman, Tanner Banks and Dane Fuller combined to get the win in game one. With the game tied 2-2 in the top of the 7th, Nathan Fishel drove home the go-ahead run to put Salt Lake up 3-2. Braden Anderson was 2-for-4 with a home run and two RBI. Dalton Gust was 2-for-3 with a double.

The bats came alive in game two as Salt Lake mashed 12 hits. Ruddy Acosta got the win going five innings allowing two hits. Anderson stayed hot going 4-for-5 with his second home run of the day. Dominique Taylor was 3-for-4, Palmer Page went 2-for-4 with a home run and Tyson Popoff was 3-for-3 with two doubles.

The team completed the four game sweep over Colorado Northwestern winning 8-2 and 10-4 on Friday. With the wins Salt Lake moved to 31-5 overall and 22-3 in conference play. Rhett Parkinson and Bronson Anderson combined for the win with seven strikeouts in the game. Palmer Page was 2-for-3, Nathan Fishel went 2-for-3 and Dalton Gust was 2-for-4 in the win.

In the final game of the series Tanner Banks got the win in relief and Chris Conran went three innings with three strikeouts. Steven Adam was 2-for-4, Dominique Taylor was 2-for-5 with a double, Kennedy Kinkade was 2-for-4 and Dalton Gust went 2-for-4.

SOFTBALL

The 2nd-ranked Bruin softball team outscored Southern Nevada 24-0 in two five inning mercy rule wins on Friday.

In game one the Bruins mashed back-to-back-to-back home runs to open up the scoring. Brooke Budge started the home run rally followed by Malia Campos and Lauren Miller. Later Maddy Woodard added a two-run home run to bring Salt Lake’s total homeruns to four in the game. Meagan

Neilson was 2-for-2 with two RBI.

In game two the Bruins continued the home run trend, hitting five more over the fence. Woodard connected on two home runs to go 3-for-3 with four runs driven home while Starlee Hutching added two more home runs to the tally with three RBIs. Rachel Mike added the fifth with a solo shot. In the two game Salt Lake hit a total nine home runs.

The team completed the

four game series sweep over Southern Nevada with 8-5 and 4-1 wins on Saturday. The series sweep moved Salt Lake’s record to 45-6 overall and 36-4 in conference play. The Bruins are currently riding a 22-game win streak.

The Bruins used an eight run lead to ease into the game one win with MaCauley Flint striking out seven batters. Mylee Davis knocked a two run home run and Brooke Budge shot a two RBI single into the right

center gap. Lauren Miller was the only Bruin to record multiple hits, going 2-for-3. Ariel Zimmerman took over in the final game of the series striking out 11 batters while allowing one run. Maddy Woodard hit her fourth home run of the weekend going 2-for-3 at the plate. Davis stepped up to collect a pinch hit RBI single in the seventh inning to add the SLCC lead.

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Lovelies

continued from pg 1

The group acknowledged that it can be hard to write lyrics. One way to help make it easier is to write lyrics to someone else’s music. Taking a popular song and writing new lyrics to it allows for practice in fitting words to a structure that has already been created. Taking a line from another song and elaborating on that line is also fine as long as there is no plagiarizing the rest of the song.

Finding words that mean the same thing as what the songwriter is trying to say is great for coming up with new rhyming schemes that the words themselves will provide. Nonsense singing works for Ough,who uses a nonsense sound or word that sounds like what she wants until she finds the word that fits.

The group also suggested that starting with a phrase and then coming up with as many ways as possible to say that one thing is a useful

- Ten tips Good Lovelies left with students:
1. Write every day.
 2. Learn someone else’s song. “Just to get a sense of what other people do,” Brooks said.
 3. Learn about music theory every day so you know what rules you are breaking. “It’s never going to be a bad thing to know what you’re playing,” Brooks said.
 4. Listen to all music. You can use their tools in your style.
 5. Document and record ideas.
 6. Share and be open to criticism. “It’s the most painful part of songwriting, but the most necessary part of it,” Brooks said.
 7. Collaborate. “Collaboration is neat,” Passmore said.
 8. Be fearless. The song might never be performed, but the exercise is still good to do.
 9. Try to say things differently.
 10. Try different genres.

exercise.

“Hang on to everything that you write,” Passmore said, noting that you might be able to use it in the future. Ough once wrote 60 verses to a song to come up with four that worked.

For those interested in working in Hollywood or

on songs that will have sure popularity, the Good Lovelies said it can be done.

“In terms of a pop song, there is a formula that is kind of a never-fail formula,” Passmore said.

The formula is written so that “A” represents a verse, “B” represents a chorus,



Photo by Shad Engkilterra

Kerri Ough, Sue Passmore and Caroline Brooks of the Good Lovelies shared insight on the art of songwriting at a workshop held prior to their concert at the Taylorsville Redwood Campus on Monday, April 16.

and “C” represents the bridge. A, A, B, A, B, C, B – though the second “B” and the “C” are interchangeable. The group said that Shania Twain and Katy Perry are good examples of those who use this formula.

While the formula has been successful, Brooks said that she was very uncomfortable while talking about the pop song formula.

“I get bummed out when people think everything has to fit in a box,” Brooks said. “I do my bridges at the end of songs.”

The group said that elements should be used where they work for the songwriter. Rules like these should be broken.

“I would hate for us to have you leave today thinking there is only one way to write a song,” Ough said.

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Bikers leather up for safety

Keith Chalmers
Contributing Writer

Because of winter weather, there is a large span of time in which it is difficult to ride a motorcycle. Because of this, it is easy for Utah motorcycle riders to forget the nuances of riding they must always be aware of in order to have a safe, fun ride.

“Riding skills are a perishable skill so not only should a rider be professionally trained prior to riding on the roadways, but they should do periodic refresher training,” said Daniel Terry, a motorcycle rider education instructor at Salt Lake Community College.

Many motorcycle accidents take place in urban areas at intersections where a motorcyclist is trying to make a left hand turn as a vehicle approaches from the opposite direction. Terry said that most new riders fail to use proper braking, good cornering skills and obstacle avoidance. These skills are covered in detail in courses available at SLCC. Terry said that if riders gain these skills, their capacity to avoid dangers of places such

as downtown intersections increases.

A novice motorcyclist not only needs to know the skills that are necessary to navigate on the road, but a new rider also needs to know the size of engine that is appropriate for his skill level. In Utah, there is a tiered system for motorcycle licenses according to motorcycle engine size.

“The legislature thought that if you pass the test a little bit closer to the inch and size you are going to ride it would in turn make you a safer rider,” said Brian Brown, marketing director at Salt Lake City Harley-Davidson.

Travis Brian is an adjunct faculty member at Salt Lake Community College who has been riding motorcycles for about three years. When Brian first started riding he decided he would get a small 250cc Honda Rebel. Brian chose a small motorcycle as his first bike not only because it was inexpensive, but also because he felt that it would be safer for his skill level. He has now upgraded to a 1200cc Buell. Brian has taken the Salt Lake Community College motorcycle safety class

three times.

“One reason to take the class is there are things that don’t stick in your mind and you need a refresher,” he said. In addition, Brian said that it is helpful having the instructors watch you ride so they can point out what you are doing properly and improperly.

In addition to proper skills training and knowledge about motorcycles, a rider must have proper clothing. The leather clothing that many veteran motorcyclists wear is not just a fashion statement. It is also safety equipment. Like the helmet protects the head of a rider, the leather protects the skin on the rest of the body in case a motorcyclist is forced to ground.

“Many riders do not wear proper gear when riding. If they are wearing proper gear riders, [they] stand a much better chance of surviving a crash or mishap,” Terry said. For more information about the motorcycle education courses at Salt Lake Community College visit the criminal justice department website at slcc.edu and click on the motorcycle rider education link.

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COMMUNITY

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Women overcoming obstacles honor Maya Angelou

Julie Hirschi
Staff Reporter

Shero.us, an organization which recognizes extraordinary women, honored Dr. Maya Angelou as the Shero of the Month on Wednesday April 11 at the University of Utah Department of Film & Media Art Auditorium. A Shero is a female hero or a woman who has done heroic acts of bravery or service and who inspires others. The purpose of this event was to honor women who have overcome obstacles in their lives. Due to illness, Angelou was not in attendance at the event. A video she sent was played of her reciting her poem “And Still I Rise.”

Photo by Julie Hirschi

“We all are presented with and overcome obstacles every day,” said Becky Swanson, one of the speakers at the event. “This event began with Dr. Angelou and has moved forward because of the efforts put forth by women here tonight who would make Dr. Angelou proud.” As Angelou was not able to make the event, members of different women’s organizations went to work to salvage the event. They hosted an evening of Who’s WOO (Women Overcoming Obstacles) and invited several prominent

guest speakers to talk about obstacles they overcame. Four speakers took the stage and talked about ways they have overcome obstacles in their own life. Rebecca Musser, Rene Johnson, Becky Swanson and Bridget Cook and all shared stories of hardship, trials and triumphs. Musser was the evening’s highlighted guest speaker. She was one of the wives of Rulon Jeffs, father of Warren Jeffs, and spoke on how she was able to escape and testify against the polygamist leader. As Jeffs had once outlawed wearing the color red, Musser adorned a red dress as an expression of her freedom. “What have you been telling yourself that you cannot do that you were destined to become,” asked Musser. “When you live your life by truth you become open to possibilities.” Johnson, a Power Zone coach and author who overcame domestic violence, found her voice and is now helping other women find theirs. “My personal journey has required me to find great belief in myself over and over,” she said. “Every time I stepped away from comfort and into fear I grew, I developed, I fulfilled my purpose, I found my power. It wasn’t easy but it’s possible.” Swanson is currently Mrs.

Wasatch Front and uses her platform to talk about issues. She spoke of the heartbreak of losing her teenage daughter and how she has used her trials and her voice as Mrs. Wasatch Front to help others. “What is an obstacle,” asked Swanson during her speech. “It is a thing that blocks ones way, it hinders your progress and it’s a barrier, a stumbling block. Although not initially, I now view my obstacles as vehicles to new destinations.” Cook, an author, speaker, business owner and life coach, shared with the audience how she overcame her own trials and now seeks out women to tell their stories of courage and power. “Amazing things happen and part of it is when you realize that this obstacle you have been trying to overcome is actually that which makes you stronger,” Cook said. “We were born to overcome obstacles and when you choose to, the things that have got you down, the things that have brought you the lowest contain the seeds of your greatest glory.” “We are here tonight to celebrate women overcoming obstacles as Dr. Angelou said over and over again,” said Celeste Gleave, founder of Shero.us and coordinator of this event. “All of our speakers tonight have overcome an obstacle

and have moved on to become fantastic people.” The founder of Shero.us, Gleave is a three star general who worked for the Pentagon. When she left that position she wanted

to contribute and help women achieve success in the business world, as she saw that women are a small minority in high positions of power. Shero.us was one of the sponsors of the Miss

Representation screening at the Grand Theater last month. They are looking for stories of inspiring women and hosts events honoring women serving in the military.



Photo by Julie Hirschi

Dr. Maya Angelou was honored as the Shero of the Month on April 11 at the University of Utah. Multiple women spoke about overcoming obstacles to help women in need.

Utah Co-op makes fresh affordable

Alisa Garcia
Staff Reporter

Processed foods often travel long distances to get from the farm to the table and often lack nutritional value and quality. For those interested in sustainable living at an affordable price, the Utah Co-op in Murray can help them get started. The volunteer-driven food co-op provides an opportunity for people to enjoy locally grown and produced vegetables, fruits and grains that are freshly delivered on every Thursday, Friday and Saturday. “Organic food [at the co-op] is fresher when you get it because it doesn’t have far to travel,” said Mercedes Zel-Pappas, Utah Co-op volunteer. “The food is never outdated or damaged and there are no chemicals, so it tastes better.” Purchasing foods closer to home requires less energy spent on transportation, thus reducing carbon emissions. Supporting local farmers helps to keep food local. “Farms that were there just a few years ago are now gone,” Zel-Pappas said. “Now it’s all houses...so our farms are disappearing.” The market is in about six small rooms. The main room supplies a selection of fresh, seasonal produce. Distributed by local organic growers, an assortment of grains and gourmet cheeses are available. Other rooms display international foods themed by country. The store stocks traditional Jewish, Greek and Asian foods that are usually found

ABOUT THE CO-OP

The Utah Co-op is open to the public and located at 4892 South Commerce Drive in Murray.

Market hours are Thursday 11 a.m. to 2 p.m. and Friday and Saturday from 11 a.m. to 6 p.m. There are no commitment requirements or fees.

Specialty and sale items, new items, expected produce, recipes and nutritional information is posted regularly on the co-op’s Facebook page, www.facebook.com/UtahCoop.org

only at specialty markets. Items typically found at the Downtown Farmers’ Market and Whole Foods are available at discounted prices. “Through collective purchasing, we order mass quantities of these items at very low prices,” Zel-Pappas said. “The main purpose of a food cooperative is to combine local farmers with their communities and build a sense of community by promoting a volunteer service that brings people together.” The co-op is community driven, so requests for produce and other items come directly from the community. Gluten-free, vegan and vegetarian items are often available.

Besides offering local organic foods at affordable costs, the co-op provides food, clothing and other donated items to charities locally and abroad. Last year’s Angel Tree program supported 1500 local individuals ranging from small children to the elderly. Utah Co-op also donates regularly to Utahns Against Hunger and Feed the Poor. For those interested in community gardens, the co-op participates in a neighborhood trade in which local gardeners are invited to bring abundant produce to trade with other growers. The exchange provides an ideal opportunity to redistribute fresh items so that they don’t go to waste.



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Bryan Smith
Contributing Writer

As its name would suggest, kiteboarding is best described as extreme kite flying with a board. Kiteboarding’s origins can be traced back to the 1800s when a man named George Pocock used kites to help move carts on land and boats in the water. Since that time, kiteboarding has evolved into an extreme

sport for those looking for an adrenaline fix that normal kite flying doesn’t provide. Kiteboarding is done in any open space, such as a body of water, a snow plain or just an open grass field. The area needs to be large enough to be able to move around and not collide or get a kite’s lines tangled with another rider. “Kiteboarding is the greenest sport on the planet...” said Salt Lake Community

College aerospace engineering student Sean Kelleher. “People just need a trainer kite and to watch some videos and get used to flying.” Kelleher has been kiteboarding for about five years. Trainer kites cost between 100 and 300 dollars. The Salt Lake valley is a great place for kiteboarding, especially along the east side, according to SLCC student Dave Cline. With

the wind that comes down from the canyons and the strong winds on the south end of the valley near the point of the mountain in Draper, it is easy to find a place to kiteboard. “Draper and Cottonwood Heights and Sandy is where all the kiteboarders are,” Cline said. “Most people just see your kite and if they have a kite they come fly with you.” While kiteboarding can be a

dangerous sport, Cline says that the thrill of flying off of the ground and being in the air is worth it. “We are adrenaline junkies,” Cline said. “When we were like 70 pounds and 12 years old, these things would really lift us off the ground.” As the temperatures rise, so do the kites around the valley, so now is an ideal time to get out and try kiteboarding if an interest is

there. “If they like the outdoors and they like adrenaline then they will definitely invest a couple hundred dollars to get a learner kite,” Cline said. “Now that it is spring time and it is gorgeous outside, there is no better way to have fun.” Students interested in getting into kiteboarding can go to www.ukbinc.com, a website dedicated to kiteboarding in Utah.

The raw truth of raw foods

Bryan Smith
Contributing Writer

The popularity of the raw food diet is growing. Salt Lake City has one all-raw restaurant, Omar’s Rawtopia in Sugarhouse, and five other vegan restaurants with raw food options. When I began eating a raw food diet in 2002, concerned people told me that I couldn’t survive eating all raw foods and that it was a fad diet. Roughly 10 years later, I don’t agree with them.

When I personally began eating natural foods people would ask, “Don’t you get tired of just eating salads?” The answer is yes, I did. That is why I started creating recipes. I was missing some of my old favorite foods and was getting bored of the recipes that were available at the time. After a while and a few potlucks, people started asking me, “How do you make that wonderful food?”

It comes with time and experience. When I started learning how to make raw foods I would attend food demos, buy recipe books and say, “I can do that!” When I got home, I either didn’t have the equipment or I just didn’t understand what the instructions meant and I would think, “I can’t do this.”

Karie Clingo invited me to a Kitchen Fun. The best way to describe a Kitchen Fun is that it is a potluck, but instead of bringing a completed dish with you, you bring the ingredients and make the food during the potluck.

Even though I had been cooking for years, I had to literally be walked through my first recipe. My friend said, “Cut the avocado open, remove the pit, scrape the meat into the blender.” She even had to tell me to turn on the blender. Something in that experience clicked and I have been creating recipes and written four recipe books.

Here are some of the most frequently asked questions about raw food diets:

What is a raw food diet?
There really is no mystery to a raw food diet. A raw diet consists of eating 70 to 100 percent of food intact in a raw state. It is simply eating your food without cooking it, preferably fresh from the garden. Science has shown that

probiotics, enzymes and nutrients are very heat sensitive. Raw food is prepared in ways that protect the food’s nutrients.

Why eat raw foods?
Research from many different health organizations such as the World Health Organization (WHO) and the American Cancer Society have shown that fruits and vegetables are extremely important for health and that most people need to eat more of them. The American Cancer Society suggests that people consume at least 2.5 cups of vegetables and fruit daily.

What do you eat on a raw food diet?
There are many philosophies concerning how and what raw foods should be eaten. Typically a raw food diet consists of fresh fruits, vegetables, nuts, seeds and grains. Some people only eat fruits while others will consume non-pasteurized or raw dairy products.

No matter what foods are chosen it is important to remember to eat a variety of food. Doing so ensures

that a full range of nutrients is being eaten. Dark, leafy greens, for example, are low fat, extremely high in protein and calcium and are rich in phytochemical.

Is eating raw foods expensive?
Any change can be more expensive, particularly in the beginning stages of the change. After eating this way for a while it becomes less expensive because you’re getting the nutrients you need and eating less food.

One of the benefits of eating food in season is that it is less costly. Eating the fresh food from the garden is less expensive than eating gourmet raw foods.

As Hippocrates said, “Let food be thy medicine and medicine be thy food.” I try to remember that when buying food, I’m also purchasing my medicine. If I spend a little bit more on food, I’m spending less time away from work or the doctor’s office due to illness. I have found that when I am eating the right food I have the energy to do the things that I enjoy doing and I feel happy.



Nadhirrah’s Eggplant Baykon
Ingredients:
2 large Asian eggplant
¼ - ½ c. cold-pressed olive oil
2 tbs. raw apple cider vinegar
1 grapefruit, juiced
3 tbs. Himalayan crystal salt
Directions:
Cut off the top and bottom of the eggplant. Using a mandolin, thinly sliced the eggplant lengthwise. Place a layer of sliced eggplant on the bottom of your marinating pan. Sprinkle some salt over the top of that layer. Add another layer of sliced eggplant and more salt and continue into your eggplant is all laid out.

Pour the olive oil over the top of the eggplant. Add the vinegar and grapefruit juice. If the eggplant is not covered then add more oil and vinegar. If it’s still not covered, use a little bit of water. Marinate for at least two hours and up to 24 hours.

Using dehydrator trays, place your marinated baykon out to dry. For easy clean up, place a non-stick dehydrator sheet on the bottom of the dehydrator to catch all the dripping oil. Dehydrate for about 18 hours. Baykon should be crispy when done.

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Disc golf: Friends, frisbees and fun go outdoors

Kachina Choate
Contributing Writer

With 18 courses in Utah and more than 3,600 coast-to-coast, disc golf, also known as Frisbee golf, is played with rules similar to “regular” golf.

The object of the game is to get the disc into the target area in the fewest number of throws. Like golf, it is important to be aware of the surroundings and hazards such as creeks. New players can ask others on the course about the rules of the game.

"I like disc golf because I don't suck at it like I do regular golf," said Salt Lake Community College student James Winward. "It is not that hard and is enjoyable. You get to play with a group of friends and just hang out."

The game for most people starts out not necessarily as a round of disc golf, but just as an opportunity to be with friends and an easy way to get physically active that costs a lot less than regular golf. In most cases, there is no course or club fee to play the game and no set tee time.

A golf disc is used as a ball and is made of champion or

“candy” plastic. They are weighted and cost about \$15. There are many types of discs used in disc golf including a driver for long throws, a midrange for medium range throws and putters for short throws.

"You start at a tee and you finish at a hole. Ours are baskets. They are not exactly pins or holes in the ground, but it's a basket you throw your disc into," said disc golfer Brad Kincase. Like any skill, disc golf takes practice.

"The first time I tried playing this game it frustrated the crap out of me. I thought it was kind of dumb because I was throwing [the disc] into the parking lot literally," Johnson said.

After trying again with friends, Johnson then began to get the hang of it and now really enjoys participating in the game.

"I play a lot of video games," Johnson said. "This is live action video game."

According to DiscGolfUtah.net, the Walter Frederick Morrison Disc Golf Course was established in 1982 at Creekside Park in Holladay and was one of the first 50 disc golf courses

established in the United States. Membership in the Professional Disc Golf Association reached over 14,000 members in 2011.

"Disc golf is getting bigger. I would say probably the last couple of years it has grown a bunch. Its been around since the early 70s late 60s so you haven't heard much about it but is starting to get bigger," Kincase said. "I mean the tournaments are getting bigger. The prize money is getting bigger which is really what's bringing a lot more people around."



Eric Johnson readies a shot.



Photo provided by Kachina Choate

Discs for disc golf wait for their turn at the basket.

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The “Stooges” keep the “nyuk-nyuks” coming

Stephen Romney
Staff Reporter

There was a time when remaking and updating people was something that only The Onion reported on. However, the Farrelly Brothers are attempting exactly that with this update to the now classic “Three Stooges” shorts from the 30’s and 40’s. Remaking and rebooting television and movie franchises is one thing, but does this film bring the comedy of Moe Howard, Larry Fine, and Jerome Howard, better known as Curly, back from a long ago time? This film is divided into three “shorts” that comprise a larger narrative. It begins with the Stooges Moe (Chris Diamantopolous), Larry (Sean Hayes) and Curly (Will Sasso) being thrown onto the front porch of an orphanage run by Jane Lynch, who plays the Mother Superior. The

first short explores their childhood mishaps and attempts at adoption and with the inciting incident, the orphanage at risk of closure unless they get enough money to pay the bills. The second and third shorts follow the Stooges’ efforts to raise the money in the big city. Hijinks and hilarity follow. This is another one of those films that surprised me, as I had really no idea what I was getting into. The first thing I noticed was how the entire first act was filled with homages and send-ups to the original shorts, complete with the “Stooge salutes” and sound-effects-filled slapstick that the fans of the Stooges know and love. The acting in this film feels like something out of a modern sitcom, which makes sense, given that we have actors such as Jane Lynch and Sofia Vergara, as well as the cast of Jersey Shore involved. One slightly negative

thing I do have to say about the film is that it falls prey to the annoying pattern of the “dramatic” second act. However, this film manages to offset it enough so that it doesn’t go completely down the Adam Sandler route. Overall, I found myself enjoying this film, as it appealed not only to the regular funny bone, but also to the nostalgia that fans have for the Stooges. There was a great deal of hilarity in the slapstick and jokes that followed a more timeless school of humor. Just watching Moe beat up the cast of Jersey Shore is almost worth the price of admission. If you’re someone like me who has a great deal of nostalgia attached to The Three Stooges or if you’re looking for a more timeless kind of humor,

then this is a film definitely worth watching. On my personal scale, I give “The Three Stooges” a 3.5 out of 5.

If you’re a parent who’s worried that your children will imitate the violent antics seen in the film, don’t worry. The Farrelly

brothers themselves appear in a full minute-long disclaimer directed toward children just before the end credits.



Images courtesy of 20th Century Fox.
Curly (Will Sasso) goes eye to eye with an Iphone.
Moe (Chris Diamantopolous) and Larry (Sean Hayes) are joined by fellow orphan Teddy (Kirby Heyborne).

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Remakes, reversions and reboots

Unless you've been living under a rock, you've surely noticed that the past few years have seen various remakes, reboots and reversions of established franchises. The marketing practice is nothing new, as films were remade as early as the 1950's. The most notable early examples are "Abbot and Costello meet The Invisible Man" from 1951 and the 1953 version of "House of Wax," which were remakes of "The

Invisible Man Returns” and “Mystery of the Wax Museum” respectively. This begs the question as to what caused the recent spike in the amount of remakes. The biggest factor would have to be the recent economic downturn. Making movies is an expensive business. As a studio, you’d want to make you margin of success as wide as possible. As a result, studios are more inclined to try to use ideas that were previously successful instead of taking a gamble.



The
Weekly
Reel

re-versioned films, you may want to find a film that's a fresh start, a film that doesn't require a lot of outside research to understand. Since Hollywood is a very cautious entity, they will turn to the third item, the reboot.

A reboot is where a franchise throws any and all established continuity out the window and starts over with new rules and stories. A good example of this is the various horror film reboots, such as the Rob Zombie-helmed “Halloween” films, or the remakes of “Friday the 13th” or “A Nightmare on Elm Street.” This has also become common in the

world of superhero fiction with the controversial DC reboot in comics and the upcoming Superman reboot being brought to us by Zach Snyder.

Not all remakes and reboots are abominations of cinema, as there are some remakes with a special place in film history, such as “The Magnificent Seven,” a remake of the Akira Kurosawa film, “Seven Samurai.” However, good remakes now seem so few and far between depending on how much passion there is behind it. Simply put, for every “Red Dragon,” there’s a “My Bloody Valentine 3D.” For every “Batman

Begins” there’s a “Wicker Man.” This list goes on and on.
 As Hollywood becomes more and more risk adverse, it leaves you with this question. Will film get to the point where original ideas can only be found in the independent markets, or will we see a reversal of current trends in the near future? Only time and money will tell.
 Next week, we’re going to take a look at the history behind the documentary genre, tracing its roots all the way from the birth of cinema to the recent modern day “equivalents.”

MY THREE PANELS by C.A. Trahan



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