

THE GLOBE



WEDNESDAY
JULY 11, 2012

ISSUE 5 / SUMMER '12

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FIGHTING THE FRESHMEN FIFTEEN

SLCC workshops help students combat infamous collage first-year weight gain

Katie Alvarez
Contributing Writer

During the first year of college, many students struggle to recognize their unhealthy habits that cause weight gain, which often leads to the dreaded effect known as the “freshman 15.”

The Salt Lake Community College Health Education and Promotion Service offers workshops, brochures and videos

to help combat the various sources of many college student’s freshman 15.

“We teach things like portion control and how to read nutrition labels,” said Tatiana Burton, SLCC’s health promotion program manager.

The Health Education and Promotion Service hosts regularly scheduled Healthy Lifestyle Workshop Series every semester. The workshops aid students in

learning to take on a healthier lifestyle, rather than a quick fix, through nutrition and fitness workshops.

There are a lot of unhealthy temptations for students in college. The calorie-packed vending machine snacks (average of 253 calories per snack), a quick slice of cheese pizza (272 calories), or the sugary energy drink (210 calories) can be the easiest, and cheapest, way for students to curb the hunger pangs between classes or to fuel a late night study session.

The life changes that come with attending college, such as new financial responsibility and the increased pressure from college-level coursework can cause an excessive amount of stress

for a new or returning student. Stress from these changes can induce new eating habits such as emotional eating. Eating excessive amounts of comfort food can become a coping strategy for students dealing with the stressful situations that come along with the transition into college life.

These kinds of unhealthy eating can lead to weight gain for many college students.

A nutrition label is often misread or completely ignored. This can lead to over consuming the recommended daily intake of certain nutrients such as sodium and carbohydrates.

Nutrition labels also provide

Phot by Julie Hirschi

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Salt Lake Teens Write looking for a few good mentors

Julie Hirschi
Staff Reporter

Salt Lake Community College’s Community Writing Center (CWC) at Library Square is currently looking for teens and adult mentors for their Salt Lake Teens Write program for 2012-13. Salt Lake Teens Write is a writing mentoring program for underserved teens in the community. Teens are paired up with a mentor to help practice their writing skills, work on projects and build a portfolio. Mentors help inspire and guide the teens through an array of writing styles and genres.

“It’s great to connect with a new person, new perspectives, new interests, new viewpoints,” said mentor Maria Calvi. “The workshops were excellent. Great

Teens/ continued on page A3

Web classes offer breathing room or pitfall

Deborah Lindsley
Contributing Writer

Salt Lake Community College offers a plethora of online courses, and there are many reasons to go with such an option, such as flexible scheduling.

Online courses can just as easily be a trap for the unwary. Many students enroll in online courses with the mistaken impression that they are in for an easy ride.

“I didn’t really like [my online course] because I felt like there was no real set structure. There was nothing to keep me on track,” said SLCC nursing student Tim Spittler.

Spittler is currently taking Financial Mathematics, which is an on-campus course.

“I like the constant interaction I receive from my instructor, and I can ask lots of questions. Also, I learn a lot by listening to the [class] discussion,” Spittler said.

Online courses work best for those who understand their own personal work style. A student who desires the regimentation of an on-campus class may find an online course difficult, while a self-starter may benefit from the free-form online environment.

Alice Ross is an accounting student at SLCC who prefers the e-learning environment.

“I have a full-time job, and I need to take classes [in order to obtain a degree in accounting] that will conform to my schedule,” Ross said. “I really like the online classes because of the schedule flexibility. I’ve done well in those classes.”

Ross enjoys the savings of time and money that online courses provide. For on-campus classes, the time required to commute to school and the price of gas and parking take their toll on her finances and energy.

“If I’m tired after a long day at work, I can rest when I get home,” Ross said. “If not, I go to school in my own house. What could be better?”

Rod Buhler teaches Computer Essentials as a live lecture course as well as an online course at SLCC.

“The campus courses I teach give my students plenty of opportunities to communicate with me,” said Buhler. “I am able to answer their questions easily, and they can continue to communicate with me as they are



Kim Higley

SLCC student Cory Garrett works on his on-line classes in between his in person classes

in the middle of their coursework. That student interaction is very important.”

Buhler has had a better success rate with students in his campus courses. He believes that a lack of self-motivation may be the biggest problem for students who struggle with online courses.

Buhler believes that as

time marches on, colleges and universities will incorporate more and more online courses into the curriculum.

“While I have not seen as many of my online students succeed as I would have liked, I believe that [online course] reality is inescapable,” said Buhler.



opinion
Dear Dick

STUDENT EVENTS

WED/11

10am-8pm
Speed: The Art of the Performance Automobile
@ Utah Museum of Fine Arts
Tickets: \$18 Adults, \$3 Kids, \$13 Youth/Seniors

11am-6pm
Cantastoria & The Invincibility Fable
@ Utah Museum of Contemporary Art
Tickets: Free

5pm-8pm
\$5 after 5pm at Tracy Aviary

THURS/12

8am-12pm
Choosing a Business Entity
@ SLCC Miller Campus

10am-5pm
Speed: The Art of the Performance Automobile

11am-6pm
Cantastoria & The Invincibility Fable

5pm-8pm
\$5 after 5pm at Tracy Aviary

FRI/13

10am-5pm
Speed: The Art of the Performance Automobile

11am-6pm
Cantastoria & The Invincibility Fable

6pm-8pm
Men's Soccer Team Tryouts

7:30pm-8:30pm and 9:30pm-10:30pm
Marcus the Comedian
@Wiseguys, 505 South and 600 East
Admission: \$15

SAT/14

10am-5pm
Speed: The Art of the Performance Automobile

11am-6pm
Cantastoria & The Invincibility Fable

5pm-8pm
\$5 after 5pm at Tracy Aviary

MON/16

2:30pm-5:00pm
Club Meeting-Chess Club
@ TR Campus

5pm-8pm
\$5 after 5pm at Tracy Aviary

TUE/17

10am-5pm
Speed: The Art of the Performance Automobile

11am-6pm
Cantastoria & The Invincibility Fable

5pm-8pm
\$5 after 5pm at Tracy Aviary

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



Each week a different picture from an SLCC campus will be featured. If you know the location and campus of this week's featured picture, enter to win a prize by emailing your answer to contest.globe@slcc.edu.

Deadline for entries is Tuesday July 17th
Entrants may only win once per semester. Mass Communication staff and SLCC faculty are not eligible to win.

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Step Ahead.

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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. 0606

ACROSS

1 With 65-Across, part of a record ... or what each of this puzzle's five long Across answers has?

5 Actress Knightley "___, vidi, vici"

10 "___, vidi, vici"

14 Prefix with sphere

15 Get all As

16 Big name in paperback publishing

17 Puerto Rico, affectionately, with "the"

20 Last Whig president

21 Mixologist's unit

22 Basketball Hall of Fame coach Hank

23 What the Mars symbol symbolizes

25 Malady named after a Connecticut town

30 Does a pre-laundry chore

31 Rapa ___ (locale of many monoliths)

32 Stereo parts

36 London's West End, e.g.

40 Repairs, as a golf green

41 What makes Shrek shriek?

42 ___-Loompa (chocolate factory dwarf)

43 Record collector's curio

46 City with a U.F.O. museum

50 Jet ___

51 Stop, as a launch

52 State with just three counties

57 Lucasfilm aircraft

60 "Ah, 'twas not to be"

61 Big name in coffeemakers

62 Righty Hershiser

63 Arts and Sciences dept.

64 Sumptuous fur

65 See 1-Across

DOWN

1 Feudal estate

2 Actress Anderson

3 With: Abbr.

4 Science fiction writer Frederik

5 Obi-Wan ___

6 Over 300,000 of these appear in "Gandhi"

7 Frozen beverage brand

8 Like a matador's cape

9 Successor of Muhammad, to Shiites

10 Appraiser's figure

11 Maiden name of Harry Potter's mother

12 Present occasion

13 Rear of many a book

18 In the heart of

19 Only

23 Wailuku is its county seat

24 Sale tag condition

25 W.W. II naval vessels: Abbr.

26 Disney tune subtitled "A Pirate's Life for Me"

27 TV star who homered off Koufax in a 1963 episode

28 Airport postings, for short

29 Bring a relationship to a close

32 Yankees' #13, to fans

33 "La Bohème" role

34 Psychedelic drugs, for short

35 Quick and detached, in mus.

37 Train travel

38 Abbr. on the bottom of a business letter

39 Morgue ID

43 Animals with collars, often

44 Of service

45 Winterize, as a coat

46 Indian ruler

47 Printing daggers

48 Cokes and such

49 Pulse-taking spot

52 Dull

53 "___ calling?"

54 Longfellow bell town

55 Clarinetist's need

56 Writer ___ Stanley Gardner

58 Conan O'Brien's network

59 Celestial altar

PUZZLE BY GARY CEE

The Globe is an independent student newspaper published Wednesday during Fall and Spring Semester (excluding holidays) and Wednesday during Summer Semester. The Globe editors and staff are solely responsible for the newspaper's content. Funding comes from advertising revenues and a dedicated student fee administered by the Student Media Council. To respond with questions, comments or complaints, call (801) 957-4019 or visit slccglobelink.com. The Globe is distributed free of charge, limit one copy per reader. Additional copies may be made available upon request. No person, without expressed permission of The Globe, may take more than one copy of any Globe issue.

CAMPUS

campus.globe@slcc.edu

SLCC student spends summer free falling

Katie Alvarez
Contributing Writer

Most students imagine summer as a time of relaxation, sunburns, and BBQ food comas. For some students, the ideal image of summer is jumping out of an airplane from over 2 miles in the air and falling 120 mph towards the earth. SLCC student Garren Edginton is filling up his summer free time with free falling adrenaline rush of skydiving.

“I always wanted to [skydive],” said Edginton. “I grew up by the South Valley Airport and as a kid I would watch [the skydivers] jump all day” Skydiving is considered by enthusiasts to be the closest thing to human flight. It is an aerial sport performed at high speeds and exposes participants to a risk of injury and possible

death. According to skydivemagazine.com, out of over 2 million skydiving jumps performed per year in the United States, about 35 of those result in a fatality.

“Most people just find it crazy,” said Edginton. “But I think a lot of what other people do is even crazier.” Skydivers, like Edginton, that are trained well and keep their equipment up to date are involved in very few, if any, accidents.

Edginton experienced the thrill of his first few skydive jumps while safely attached to a professionally trained instructor for the entirety of the jump. This is called tandem jumping. The instructor controls everything from the exit to opening the parachute and landing.

Because it is less expensive and requires less training time, doing a tandem jump

is recommended for the first time skydiver to help the newcomer decide if skydiving is something he or she would like to pursue. From there, a jumper will begin training for the Accelerated Free Fall (AFF) jump.

AFF training is for those, like Edginton, who are seriously interested in the sport of skydiving.

A typical jump for Eginton starts out with choosing the ideal pack and parachute for his body weight. The larger the jumper, the larger the parachute needs to be. He then turns on and checks his AAD (automatic activation device.) The AAD constantly monitors the altitude while free falling, and if Edginton is unable to activate his parachute, the device will activate a reserve parachute at a safe altitude.

A fellow jumper will then

check Edinton’s equipment and straps to be sure everything is adequate for the jump.

Even after 19 jumps, Edginton still feels nervous as the airplane ascends to the typical skydiving altitude of about 13,500 feet.

“The more you go, the less nervous you get,” said Edginton. “But if you get too complacent with something, you shouldn’t be doing it. You might get careless and do something you shouldn’t do. Then it could be unsafe.”

After the airplane is lined up over the jump site, the spot where the jumpers will land, Edginton jumps out of the plane.

The free fall before Edginton deploys his parachute lasts about 60 seconds. During free fall, jumpers don’t get that rollercoaster drop feeling,

but experience more of a floating feeling. This is because the jumps are from a moving plane rather than a fixed or steady object such as a cliff or helicopter. The body is already in motion so jumping from the plane doesn’t cause the stomach dropping feeling.

“It feels like floating in water,” said Edginton. “You can feel the air pressure against your body.”

At about 2,500 feet, Edginton deploys is parachute. He then steers the parachute toward the drop zone, where he will be landing, by pulling left or right on toggles above either side of his shoulders. As long as the wind cooperates, his landing is a smooth glide to the earth with the initial step to the ground feeling like stepping from a tall stair.

Edginton skydives about twice every week, as long

as the weather permits his flight. Ideal weather for a jump is 5 to 10 mph wind speeds and clear skies.

“As long as you are at altitude and can look down from the plane clearly to the airport, it’s a good day,” said Edginton.

The cost of skydiving varies by location. The local skydive company, Skydive Utah, charges \$190 for one to four jumpers, \$181 for five to nine jumpers, and \$171 for more than ten jumpers and for active military.

For more information on how to get started skydiving visit skydiveutah.com or uspa.org (United States Parachute Association.)

“If I didn’t have to work, I’d jump every day,” said Edginton. “And it’s not just the jumping. It’s the culture, the people, and the whole experience.”

15

continued from A1

information about serving sizes and how many servings are in the bottle or container. Knowing this information will help students to control their portion sizes.

In addition to healthy lifestyles workshops, the Health Education and Promotion Services offer different kinds of programs to help out struggling students.

The heart health program

will focus on heart disease risk factor prevention in young adults. The stress management program provides a relaxing environment for students to de-stress and the sleep hygiene program teaches students how their sleep habits affect school performance.

Alcohol and impaired driving prevention, tobacco cessation, and sexual responsibility are also featured programs.

“My passion is cardiovascular health,” said Burton. “I want to help

students reduce their risk for heart disease at a young age and promote lifelong health.”

The next workshop, Getting Fit at Home, will be on Wednesday, July 18 in parlor A of the Student Center at Taylorsville Redwood Campus at 1 p.m.

For more information about the Health Education and Promotion Services, visit the Salt Lake Community College Health and Wellness website at vwww.slcc.edu/hw.

Teens

continued from A1

format, instruction and a fun way to do something new like write poems. I also started enrolling in other [Community Writing Center] workshops on my own, Comics and Grant Writing.”

Teens entering eleventh grade this school year are the targeted age group for this program. They work one-on-one with mentors for one to two hours per week on projects specific to the teen’s needs.

There are also quarterly workshops designed to help the teens work on college scholarships, applications and whatever else they choose. At the end of the year they combine some of their written pieces into a book for publication.

The Salt Lake Teens Write program recently won an “Innovation of the Year” award for 2012. This yearly national award gives recognition to noteworthy innovations and advancements taking place in colleges throughout the U.S.

“I think the faculty and

staff know that we won Innovation of the Year and why,” said Elisa Stone, administer of the program and assistant director at CWC. “But I think that the students don’t know that much about it and there might be students who would like to be mentors for us.”

A new class starting up this fall at SLCC is English 1810—Mentoring Writers. Students learn how to give feedback to writers to improve their work, explore tutoring methods and participate in service learning projects. Mentors will receive training as part of the Teens Write program but this class will also help instruct students looking to pursue a career in writing and helping other writers.

“Right now we are in the process of recruiting teens and mentors for this next year,” said Stone. “Students, staff and faculty would all make great mentors.”

Stone has dedicated 10 years of service to civic and community engagement. She feels that she always gets more in return than she has given. She has seen those who have been mentors come away with satisfaction knowing that

they are contributing to their community in a fulfilling way. She hopes more people will see the need and desire to help.

Those who are interested in signing up to be a mentor or who know of a teen that could benefit from this program are encouraged to fill out an online application. Applications for adult mentors are due July 30 as there is a required criminal background check and waiting period. The deadline date for teens originally was set for June 30 but they are still accepting applications for the free program.

Salt Lake Teens Write program is a partnership between the CWC and the Salt Lake City Public Library. The CWC offers the community workshops and courses designed to help those in the community achieve success through literacy. Visit the CWC online at www.slcc.edu/cwc/ or at their downtown location at Library Square.



Quick Wits

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COMMUNITY

community.globe@slcc.edu

Speed: The Art of the Performance Automobile revs up automotive excitement

Kachina Choate
Staff Reporter

Speed: The Art of the Performance Automobile is on display until Sept. 16 at the Utah Museum of Fine Arts [UMFA].

UMFA’s exhibit features 19 classic cars that showcase automobile history, design and engineering. Attendees have the chance to see everything from a 1904 race car to the 1975 Speed-o-Motive Special Streamliner which has raced up until the early 2000’s.

“It really is a once-in-a-lifetime opportunity,” said UMFA’s public relations and marketing associate Shelby Lang. “These 19 cars have never been seen together before they will not likely ever be seen together again. It’s an incredible opportunity to look at these objects as both art objects and race cars.”

UMFA’s Speed exhibit has not only inspired car enthusiasts but artists and designers, such as the SLCC Fashion Club. The automotive theme of April’s Raw Couture fashion show was heavily influenced by

the exhibit.

“Young people are probably going to see cars and learn things and that they’ll probably never be exposed to again,” said Speed volunteer John O’Hara. “When [I was] growing up, it was pretty much a yearly event that somebody was coming to the salt flats trying to set a land speed record, the ultimate land speed record, and now you don’t see that.”

Seven of the vehicles have a direct Utah connection to the Bonneville Salt Flats. One of the vehicles is the 1938-built “Mormon Meteor III” that set more long-distance land speed records than any other car in history. Twelve of those records still stand today. O’Hara likes to take people behind the “Mormon Meteor III” to show them a design quirk that makes left-turns easier: it was built 4 inches to the left.

“It is just the little things,” said O’Hara. “Each car is different and unique and very real.”

Other vehicles on display include in 1957 Jaguar XK–

SS roadster once owned by the actor Steve McQueen from such movies as “The Great Escape”. McQueen had it painted a British racing green and customized the interior so he would have a place to put his sunglasses.

UMFA often ties special exhibits in with its permanent collections. The museum has 19,000 objects with only a few hundred on view at a time. At the end of Speed, the museum will house a gallery with a permanent collection of photographs related to automobiles.

“It was amazing to see what the students took from cars and used for inspiration,” said Lang. “We love working with students on campus and strive to be an educational resource. It was wonderful to have this exhibition included in the curriculum and serve as an inspiration.”

Tickets to the special exhibit of Speed: The Art of the Performance Automobile are \$18. SLCC students can enjoy the permanent collection at no charge.



Photo by Kachina Choate

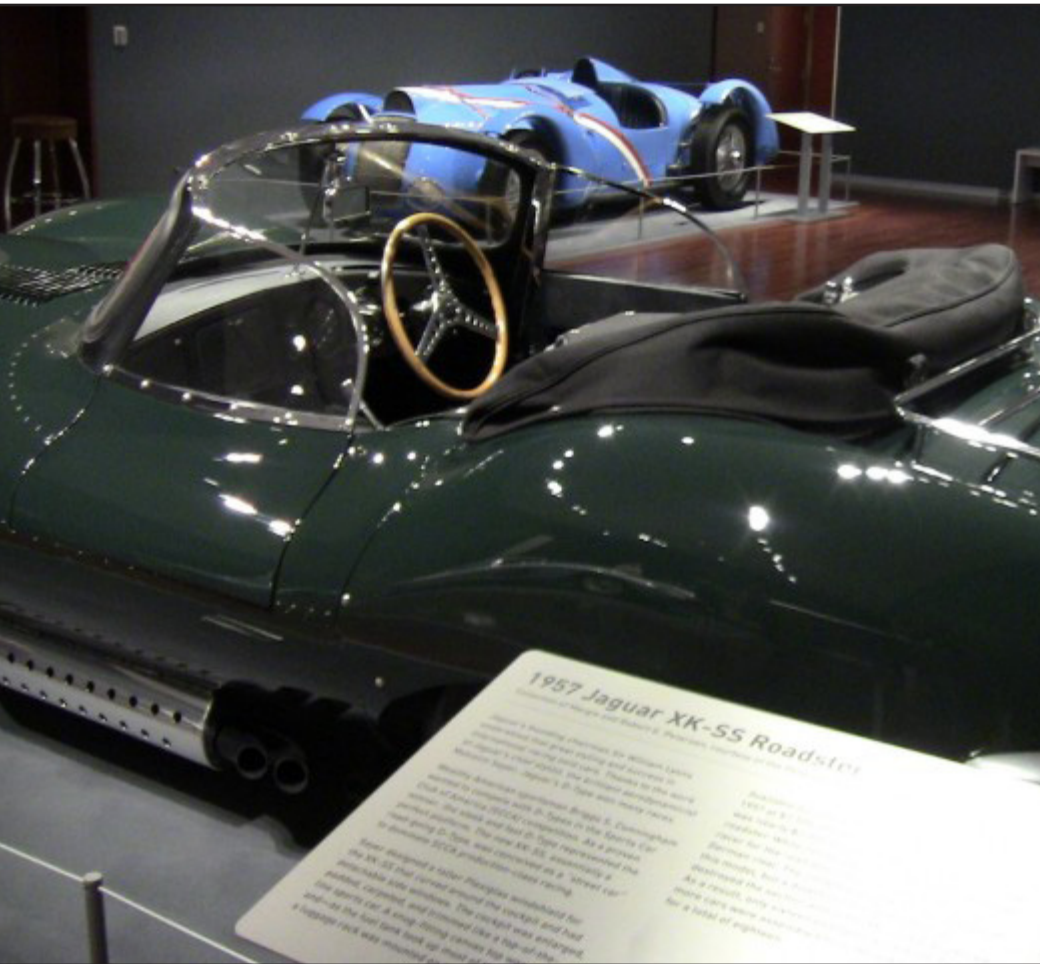


Photo by Kachina Choate

UMFA Special Lectures and Films

“The Tonight Show” host Jay Leno will have a conversation about cars on July 14, 2012 at Kingsbury Hall. Tickets for this event can be purchased at www.speedumfa.com

UMFA is also hosting a series of free lectures and films throughout the duration of Speed: The Art of the Performance Automobile

Lectures

- June 27 – 6:00 p.m. “No Limits” by Janet Briggs
- July 15 – 1:00 p.m. “Speed: the Art of the Performance Automobile” by UMFA guest curator Ken Gross
- Aug. 19 – 1:00 p.m. “Bonneville: the Fastest Place on Earth” by Landspeed Luis
- Sept. 16 – 1:00 p.m. “Rebuilding the Mormon Meteor III” by Roger Brazier

Films

- July 18 – 7:00 p.m. “Boys of Bonneville: Racing on a Ribbon of Salt” (2010)
- July 28 – 3:00 p.m. “The Race” (2009)
- Aug. 22 – 7:00 p.m. “Racing Dreams” (2009)
- Sept. 5 – 7:00 p.m. “Senna” (2010)

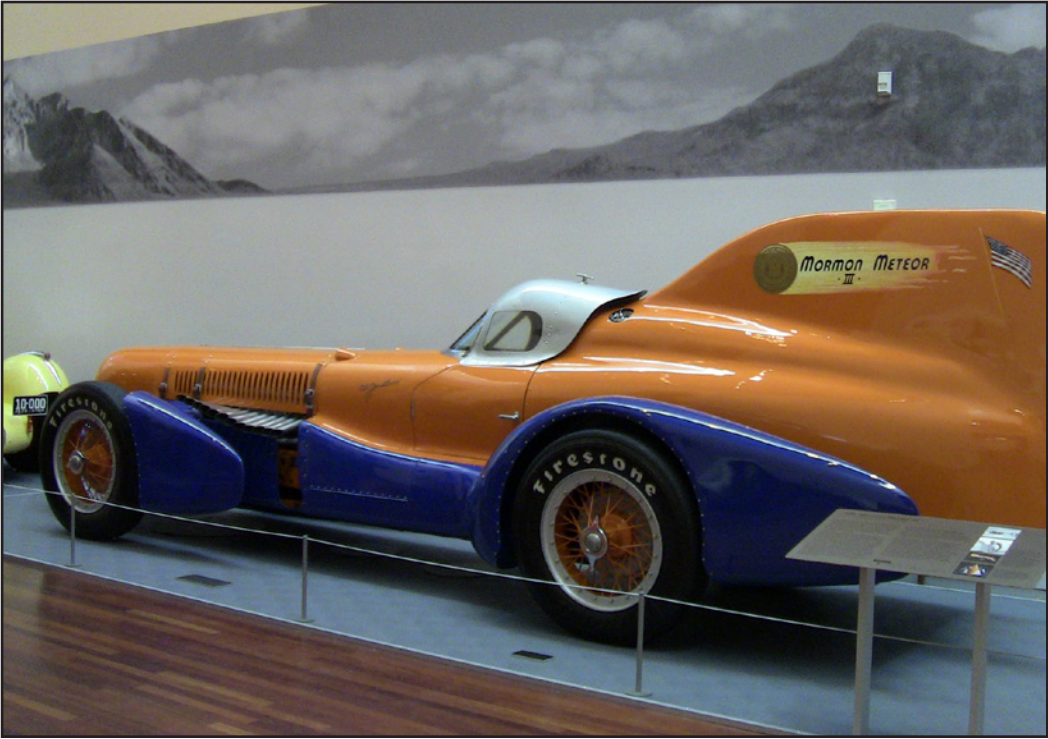


Photo by Kachina Choate

The Mormon Meteor III still holds 12 landspeed records.

Dear Dick,

I don’t know if you have turned on the news recently, seen big plumes of smoke or a fire-ravaged mountainside but we are in the midst of a severe drought and wildfire season. To hear you shooting off illegal fireworks during a firework restriction really is maddening, not to mention dangerous.

Did you know that bottle rockets, roman candles and other aerial fireworks are illegal in Utah this year? And all fireworks are restricted from now until July 21. But as I write this I can hear you shooting off fireworks. If I can see your fireworks and you’re not my nearest neighbor then chances are they are of the illegal type, even ignoring for the moment the ban on all types until July 21. I live in unincorporated Salt Lake County which makes fireworks illegal here altogether.

So far we have been lucky that more fires haven’t been sparked up by fireworks this year. We were lucky to receive some rain and little humidity after the Fourth but with this week’s temperatures back up in the 100’s conditions could get ugly. The fires so far have been started by things as simple as a backhoe, a truck’s tailpipe and target shooters. Imagine what actual fire in fireworks might do.

You say that you are expressing your freedom, your God-given right to explode fireworks on the Fourth. I say there are a number of ways in which you can express your freedoms without threatening those of your neighbors by potentially burning down their house.

For instance, you could go out for a walk and be glad that smoke doesn’t fill your lungs with each breath. You could go see a movie full of CGI explosions. In fact, you can pick up a shovel and help put out fires with the volunteer firefighters. They could use the break. Though you would have to train and not start fires in the first place.

On the Fourth of July, I paused my travel through Utah Valley to watch in awe as the Quail fire consumed the mountainside above Alpine. With its flames raging and devouring trees I was disappointed, but not surprised, to see many illegal fireworks shoot up in the foreground nearby. How ironic to see fireworks launch from several neighborhood locations with a raging fire threatening homes in the background.

I’m fine with the occasional sparklers, fountains and smoke bombs within the city limits. But I know how easy accidents with fireworks can happen. I once witnessed my house almost go up in flames when a bottle rocket veered off course and exploded into the ivy growing up the side of my house. We were lucky that that year wasn’t as dry and hot as this one. And lucky to get it put out before anything more burned.

I feel that it is common courtesy to those whose homes are lost or threatened that you do not light fireworks this dry season. Find something more constructive rather than destructive to do with your time and money. Why not donate all the money you would have spent on fireworks this year to families who have lost or will lose their homes to wildfires this year? Funds have been set up through the American Red Cross Utah Chapter Disaster Relief Fund. You can donate online at www.utahredcross.org or visit any Wells Fargo bank or Whole Foods location to donate in person.

I’d really appreciate you respecting the law and others by not lighting fireworks during restricted times and areas. I really don’t want to hear about another fire burning this year.

Sincerely,
Julie Hirschi

Zucchini: the underestimated vegetable

Tesia Nadhirrah
Staff Reporter

There is a little vegetable, fruit actually, that is overlooked and underestimated. When I hear people casually dismiss this humble vegetable as boring it hurts my feelings. I think this vegetable is so versatile I even wrote a book about 101 and 1/2 Raw Zucchini's and what to do with them. When I grew zucchini, my neighbors would reluctantly ask if I wanted some of their extra zucchini's in addition to my own. I would always accept. After a while they finally asked, "What do you do with all of those zucchini's?" I shared a couple of my recipes and they enjoyed the results so much that they no longer had gift zucchini's to spare. Let's start with the basics. The Zucchini's peak season is in July and August. It is a summer squash belonging to the curcubita family, which is native to the

Americas and comes in more than 100 varieties. Archaeologists found evidence of the zucchini's origin in Mexico, where it was an integral part of the diet of maize, beans and squash. The name of the squash was adapted from several Native American words which meant "something eaten raw." As explorers introduced this exotic new food to Europe, the Italians embraced the squash and it became known as Italian Squash, or coczelle. The French call it courgette. Three and a half ounces of raw zucchini contains 9 mg of vitamin C, 22 mg of folacin, 1 gram of protein, trace amounts of B-vitamins, folic acid, calcium, 14 calories and 0 grams of cholesterol. When buying zucchini make sure the skins are free from nicks, pits, bruises and soft spots. The skin should be plump and not shriveled. Its color should be bright and uniform.

The squash is best when it is no longer than seven inches. The bigger they are, the bigger the seeds and the more coarse and stringy the flesh. If you're looking for zucchini that's a little sweeter you might try the Golden Rush Zucchini that have a deep yellow skin and a dark green stem. There are many reasons to be thrilled about zucchini. It is a wonderful, versatile vegetable that can be made into anything from a main dish to desserts. It's not just zucchini bread anymore. With the right recipes you can see just how versatile zucchini can be, everything from pasta to pistachio pudding and even fry sauce. Many people who think that the zucchini is boring just don't understand and know what can be done with that squash. Enjoy the incredibly nutritional, edible zucchini. If you want to be like George Washington, Thomas Jefferson and Nadhirrah, become a squash enthusiast.



Photo by summer

A stuffed zucchini blossom is a delicacy.

What's your horrorscope?

Shad Engkilterra
Staff Reporter

Aries – Mar 21 – Apr 19

It may seem like they rush you here, they rush you there, they rush you everywhere, and when it is time to get out, everybody takes their time. It will be the most difficult thing you have done all week, but take a deep breath and let it go, just for the day.

Taurus – Apr 20 – May 20

If you fall down, make sure you look to the left if you have time. That is a sight you will never see again. Gemini – May 21 – Jun 20 Your tooth hurts, and you are not sure what to do. Just remember that dog ain't no dentist. Keep some sunscreen on even if you have the kind of skin you can see through.

Cancer – Jun 21 – July 22

When going on stage in a talent show, it doesn't matter who's on first; the only things that matter are who has the most talent and who has practiced the most. Without both, you're just a prospect who may never make the big leagues. Do the work, use your talents.

Leo – July 23 – Aug 22

If you are going some place where there is a double bill, be sure to ask what's

on second. You may find that you don't want to stay for that performance, which should be fine with everyone involved, especially if you have made reservations at a nice restaurant.

Virgo – Aug 23 – Sep 22

What does it all mean? I don't know. Third base isn't quite home. If one of your friends can come up with a rib-eye and invite you to share, take them up on the offer. Forget being vegetarian for the day.

Libra – Sep 23 – Oct 22

Every time you go into a barroom, the devil goes in with you. Just make sure he buys his own drink.

Scorpio – Oct 23 – Nov 21

When you're a team, there's a lot of worrying about each other. Taking the time to form that relationship is difficult. Oh, you can win, and you can lose, but the excitement of the new makes it almost worth the headache of that which is cast asunder.

Sagittarius – Nov 22 – Dec 21

When you look at that test question, you know that the answer couldn't be that easy. It couldn't be that because every little school boy knows that. Just sit on the stool and answer it that way. Apples just might

be three for a nickel in this context.

Capricorn – Dec 22 – Jan 19

You like to be the life of the party, but you have responsibilities to take care of. Tell the joke, and then go inside and clean the other room. You will get to leave the situation with a laugh, and you will get your responsibilities taken care of.

Aquarius – Jan 20 – Feb 18

When your friend comes up with an idea seemingly out of left field, you do not need to ask why. You already know the answer.

Pisces – Feb 19 – Mar 20

If you find yourself thinking, "Shhhh. Wait a minute. When do we laugh at this thing?" you might be in the wrong place. Check out the event to make sure that you are where you are supposed to be before you randomly burst out with laughter.

Horrorscope consults the stars to prove that the universe does not revolve around you. "The Globe" denies any resemblance to anything living or dead and states herewith that Horrorscope is a parody meant for entertainment only. See Horrorscope at globeslcc.com every Wednesday at 10:48 a.m.

Stuffed Zucchini Blossoms

Many consider the squash blossoms a delicacy. I was skeptical at first. Then I tried them and all I can say is "yum." The blossoms are yellow-orange flowers that appear first on the vines that produce the squash. They are low in calories and a good source of beta-carotene, Vitamin C and Potassium. Their flavor faintly resembles that of the squash.
Preparation Time: 20 Minutes
Soaking Time: 8-12 hours
Drying Time: 7-10 hours

8 Organic Zucchini Blossoms

Pate—
3/4 cup pumpkin seeds, soaked overnight
3/4 cup zucchini, chopped
1 bunch fresh parsley, chopped
5 tablespoons fresh lemon juice
1/2 cup tomato, chopped
4 tablespoons fresh thyme
3 tablespoons chives
Real Himalayan Crystal Salt or Natural Sea Salt to taste
Pepper to taste

Batter—
1/2 cup buckwheat, soaked overnight
6 tablespoons cold pressed olive oil
Real Himalayan Crystal Salt or Natural Sea Salt to taste
Pepper to taste
Pure water as needed

Wash blossoms and gently lay them open in a dish.

In a food processor, mix pumpkin seeds and zucchini until evenly mixed. Add the remaining ingredients. Place a scoop in each open blossom.

In a food processor mix the batter ingredients adding water until it looks like a thick pancake batter. Spoon the batter over the top of the stuffed blossoms.

Place in dehydrator at 110 F for 7-10 hours.

Makes 8 Servings

Variation 1: Place on a baking sheet and bake at 350 F for 20 minutes.
Variation 2: Fry the stuffed flower in a deep fryer for about 2 minutes.

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Spidey swings back into action in ‘The Amazing Spider-Man’

Stephen Romney
Staff Reporter

As a person who grew up watching the Sam Raimi “Spider-Man” films, I was a little wary when I heard the announcement of a fourth film, particularly after the disappointment of the third. I was won over by the early trailers when it was clear that the people behind the film were looking to be more faithful to the characters of the much-loved comics, while keeping the “camp” to a minimum.

“The Amazing Spider-Man” retells of the origin of Spider-Man, with Andrew Garfield as Peter Parker. Parker is in high school at this time, dealing with abandonment issues while trying to find his way in the world. His investigation into the disappearance of his parents leads him to Oscorp and the lab of Dr. Curtis Connors, played by Rhys Ifans, a former partner of his father’s. During this time he begins a relationship with Gwen Stacy, played by Garfield’s real-life girlfriend Emma Stone.

The story is a darker, more realistic take on the Spider-Man mythos. However, it still keeps to the spirit of the source material rather than turning the character into a Batman-clone. There

is a good dose of humor and light-heartedness to balance out the drama and action. The story is dramatic, engaging and fun to watch. A major facet of the story is its emphasis on the science behind how Spider-Man got his powers and how The Lizard, the film’s villain, became the way he is. Rather than just throw it in as an afterthought like the Raimi films, it becomes central to the plot. We’re given a good explanation as to how Peter Parker built his web-shooters, a key element of the character. The people behind the film seem aware that much of the audience already knows the origin story. Rather than have them suffer through a re-hash, it moves through those pre-established

elements quickly while adding to other elements at the same time. Most notably, Peter’s uncle Ben, played by Martin Sheen, has a much larger role in the film, establishing the dynamic the two characters had together. The movie also takes more time in developing the villain and creating more of a sympathetic backstory, which in turn allows for engaging drama. There are some drawbacks with the film’s storyline and pacing. The first issue was a scene where supporting cast make some nonsensical decisions. Secondly, there was an editing issue in the film’s opening prologue. The prologue has a rhythm to the way it’s shot and cut but halfway through it

slows down to allow for lines of dialogue that breaks up that rhythm. In my opinion, had the prologue been without dialogue it would have kept its rhythm and would have been a bit stronger. Overall, I found this to be an enjoyable film. As a Spider-Man fan, I felt that “The Amazing Spider-Man” did the character and the mythos a greater degree of justice than the Sam Raimi trilogy. From a film standpoint it does have some issues, such as an unresolved plot line and some pacing issues, but it still manages to tell an engaging story that holds your attention. On my personal scale, I give “The Amazing Spider-Man” a 4/5.



Courtesy of Columbia Pictures
Andrew Garfield replaces Tobey Maguire as Peter Parker in this latest iteration of the comic series.

Practical vs Computer-Generated

Stephen Romney
Staff Reporter

As seen in the string of blockbusters released this summer, more and more movies rely on computer-generated special effects. However, there are quite a few people both in the film industry and in the independent circuits that steadfastly oppose the use of computer effects for various reasons. This week we’ll weigh the pros and cons of the two types of special effects.

Please keep in mind that this is based on my personal opinion and experiences with the SLCC Film department as well as additional research conducted for earlier installments of The Weekly Reel.

Computer-generated imagery (CGI)
Pros: The technology required for this has reached the point that, when in capable hands, the effects applied in post production can achieve a degree of realism previously thought to be impossible. When it comes to things such as a character flying through the air or casting magic spells, the effects can be created fairly easily using a computer program. This reduces the cost of a production by cutting down on the amount of on-set special effects needed for a scene.

The technology can also be used to produce characters that couldn’t possibly exist in real life, as well as make those



characters appear to be interacting convincingly with human actors. This can also be applied to films that take place on fictional worlds, particularly science fiction films. A green screen sound stage in California can easily become the interior of a spaceship or the surface of an alien world with the right technology.

Cons: The first problem is that it’s very easy to screw up on an effect and break the illusion of the entire film. This is why for large scale productions, most studios will usually have 20-30 people working on a single effect in a single scene. On that note, it means more manpower and more equipment. As any film student that’s had to use a computer from the 90’s will tell you, visual effects software requires a lot of processing power to function at even a fraction of their full capabilities.

When it comes to creating set pieces and characters using a computer, it can also be really easy to mess up. It puts a great deal of pressure on the actors, as they don’t have anything tangible to interact with except for a tennis ball on a string. In some cases, that frustration

can negatively affect the actors’ performance.

Practical visual effects
Pros: Some special effects that can be done in-camera are often simple tricks such as forced perspective and stop-motion. Since these effects are done on set they can be adjusted for lighting, framing, and depth of field as needed. On-set effects also allow for more creative shots as the camera doesn’t necessarily need to be locked down for the effect to work depend on what the scene itself warrants.

In the case of set pieces and created characters, it gives the actors something to interact with and makes it easier for the director to give direction to the actors without having to give a lot of description.

Cons: These effects are prone to technical problems if not handled with care and attention to detail. These problems can delay a production for hours and in some cases days. They can also put both cast and crew at risk of getting injured, particularly on effects that require the use of pyrotechnics and wires.

Final thoughts
Don’t think that just because there’s fewer

cons listed on practical effects that they are any better or worse than CGI. As one can easily see in these blockbusters, most film productions never stick with just one or the other, but often use both to create the most convincing effects possible. The only time a production uses solely one or the other is in amateur productions, George Lucas films notwithstanding.

While some effects are used more extensively than others, there is still a place for both in the film industry. Ultimately it depends on the vision of the director and how much work they are willing to put into a film in order to achieve that vision. If you’d like to throw in your two cents on the topic, please leave a comment on this article at our website www.globeslcc.com.

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